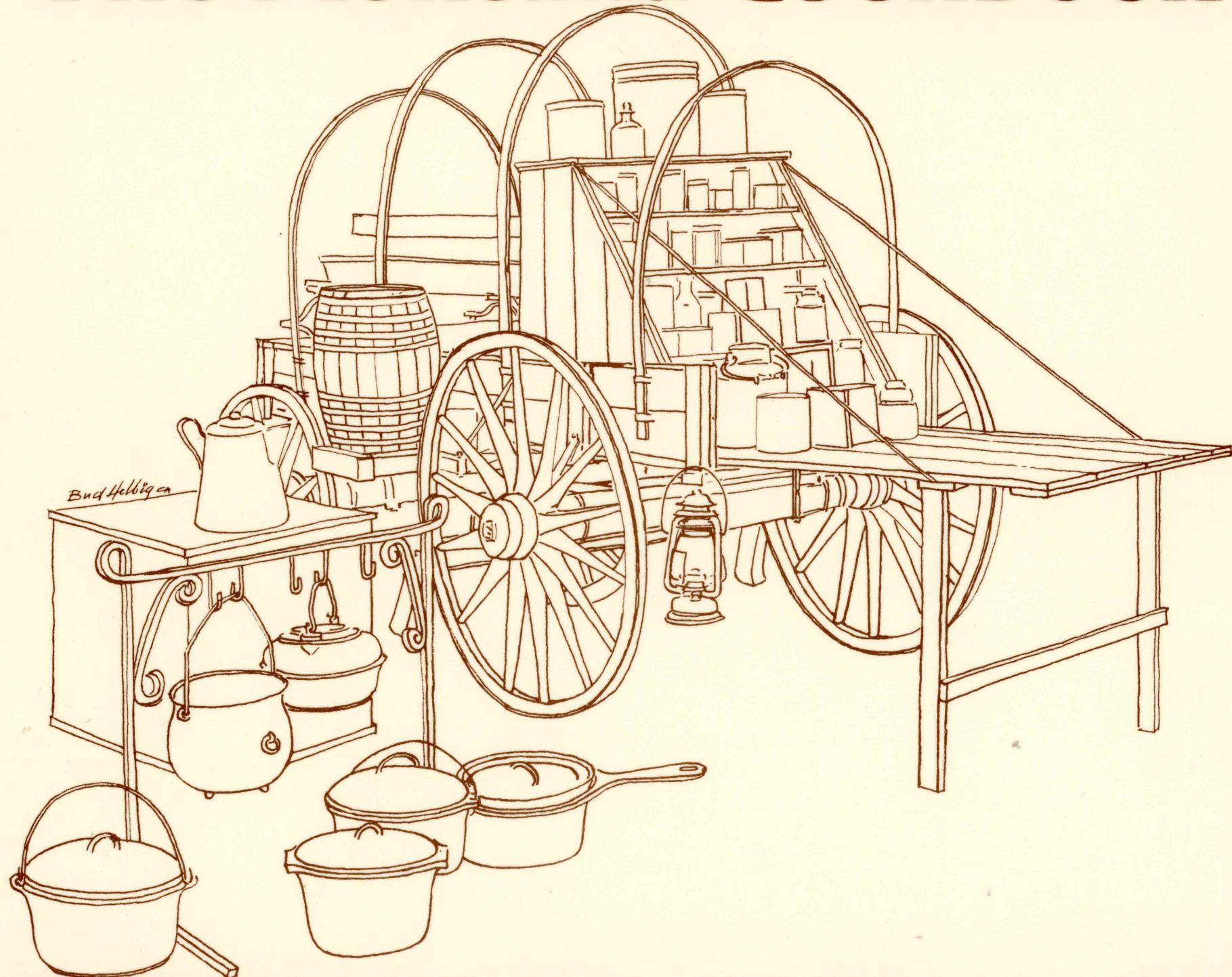


# The Montana Cookbook



# **The Montana Cookbook**

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## INTRODUCTION

The Montana Cookbook contains recipes from Montanans only, but certainly not for Montanans only. Although it is a small sample, the excellence of these recipes is indicative of other facets of Montana life as well. For if one is to truly enjoy great eating, the physical environment and mental attitude of the individual are as important as the food itself. Montana is and hopefully will remain conducive to these and other qualities inherent in our Western way of life.

Steven D. Harvey

H. Duane Harvey

To the Artists .....

I would like to express my deep appreciation to the Montana artists whose works appear in this book: **BUD HELBIG, J.P. KELLEY, ELMER SPRUNGER, CHARLEY BEAR, KATHERINE TRIGONIS, and WENDY THON.** These sketches were commissioned exclusively for the Montana Cookbook and are already considered collector's items.

S.D.H.



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**PIONEER**



## GRANDMA AVERY'S MEAT BALLS

Mix:

1/2 cup bread crumbs  
1/2 cup milk (scant)  
1 egg  
salt and pepper

Add to:

3 pounds of hamburger and shape into balls

Sauce:

1 medium can tomatoes  
1 can tomato soup  
some water  
onion, finely diced

Add meat balls to sauce mixture and simmer 45 minutes to 1 hour.

## PIONEER STEW

1 pound ground beef  
1/2 cup chopped onion  
1/2 cup chopped green pepper  
1 1-pound can whole kernel corn (2 cups)  
1 1-pound can kidney beans (2 cups)  
1 1-pound can tomatoes (2 cups)  
2 teaspoons chili powder  
1 teaspoon salt  
1 cup shredded sharp cheddar cheese

Cook ground beef, onion and green pepper until meat is browned and vegetables are tender. Drain corn, beans and tomatoes and liquids, chili powder and salt to meat and cook until liquid is reduced to about half. Add corn, beans and tomatoes. Simmer 10 minutes. Stir in cheese and serve immediately. Serves 4.

## RANCH SUPPER

1 pound ground beef  
salt and pepper to taste  
1/2 cup chopped onion  
3/4 cup milk  
1 can cream of mushroom soup

Blend with :

1 8-ounce package cream cheese  
1-1/2 cups whole kernel corn (drained)  
1/4 teaspoon chopped pimentos  
1 teaspoon sweet basil  
1/4 teaspoon thyme  
1/4 teaspoon dill weed  
8 ounces noodles (cooked)

Saute meat with onion. Add remaining ingredients. Heat in electric skillet or baking dish until hot and bubbly. Serves 6 to 8 (leftovers may be frozen).

## CORN PUDDING

2 cups cream style corn  
2 eggs, beaten till fluffy  
2 tablespoons sugar  
1 tablespoon flour  
1 cup milk  
2 tablespoons melted margarine  
1/4 teaspoon salt  
1/4 teaspoon pepper

Combine all ingredients in small casserole dish. Bake at 350 degrees for at least 25 minutes.

PIONEER

## PIONEER

### SCOTTISH HAGGIS

1/2 pound liver (one piece) ox liver  
1/4 pound suet (from around the kidney)  
2 onions  
1 cup oatmeal (coarse ground)  
1 cup liver Brae (the water the liver is cooked in)  
salt and pepper to taste

Starting with cold water, boil the liver for 40 minutes. Cool, then grate or mince in a mincer. Par boil the onions at the same time; then chop them very fine. Chop the suet. Toast the oatmeal in a dry un-oiled cast iron pan until browned. Add liver, suet, onions and seasoning; moisten with Brae.

Now for the bag. Use beef tripe; try to get the honey-combed. Wash it thoroughly. Boil it for 15 minutes, scraping and cleaning the inside (not honeycomb side) as much as possible. Let it soak in cold water overnight. Fold the tripe over to make a bag; sew it up, leaving only one section over to stuff with the filling. Do not fill it too full as it will swell up while the Haggis is cooking. Now sew up the hole. Prick with a toothpick here and there. Place in hot water, bring to a boil and cook three hours. Is usually served with mashed turnips and potatoes.

### AUNT ANN'S BUNS

2 cups warm water  
1/2 cup sugar  
1 teaspoon salt  
2 packages yeast  
2 eggs  
1/2 cup shortening  
6-1/2 cups flour

Combine water, sugar, salt, yeast and 2 cups flour. Beat 2 minutes with mixer. Add eggs, shortening and beat 1 minute more. Add 4-1/2 cups flour and stir well. Knead. Let rise double 20 or 30 minutes. Knead again and shape buns. Let rise and bake 15 minutes at 350 degrees.

### BRIDE'S CHEESE ROLLS

3/4 cup sour cream  
1/3 cup sugar  
1 teaspoon salt  
1/8 cup butter  
1/4 teaspoon soda

Heat above ingredients.

Dissolve:

1-1/2 tablespoons yeast in  
1/3 cup warm water

Add to the above with 2 eggs beaten yellow.

Add:

1 cup flour  
2 tablespoons fresh lemon juice  
2-1/2 cups grated cheddar cheese  
2-1/2 cups flour

Mix, let rise, punch down, let rise again and make into triangle shaped rolls. Bake at 350 degrees for 25 minutes.

### ALABAMA BISCUITS

2 cups flour  
1 tablespoon sugar  
1/2 cup warm water  
2 tablespoons lard  
1 tablespoon baking powder  
1 teaspoon salt  
1 package dry yeast  
1/2 cup buttermilk

Sift together flour, baking powder, sugar and salt. Dissolve yeast in warm water, then add lard. Mix yeast mixture with flour mixture. Add buttermilk, mixing well. Roll out dough. Cut into biscuit shapes. Dip each biscuit in melted butter. Let rise on baking sheet in warm place about 20 to 30 minutes. Bake at 375 for 10 to 15 minutes or until brown.

## GRANDMA'S BUTTERMILK PANCAKES

3/4 cup powdered buttermilk  
2 cups sifted flour  
2 teaspoons salt  
1-1/2 teaspoons soda  
2 eggs, unbeaten  
2 cups water  
1/2 cup melted butter

Sift dry ingredients. Add eggs, water and melted butter. Stir lightly, will be thick and lumpy. Drop by teaspoonsful on greased griddle; spread with spoon.

## GRANDMA B'S PANCAKES

2 cups flour  
1/4 cup sugar  
2 or 3 eggs  
1/4 cup oil, minus one teaspoon  
1 teaspoon salt  
2 teaspoons baking powder  
1/2 teaspoon soda

Milk for thin batter. Will be lumpy. Mix with fork.

### For Wholewheat:

1/2 cup white flour  
1-1/2 cup wholewheat flour

### For Yeast:

Cut soda to 1/4 teaspoon

Add 1 tablespoon yeast dissolved in warm water with sugar

## GOVIE'S ICE BOX COOKIES

Cream well:

1 cup shortening  
1 cup butter  
1 cup white sugar  
1 cup brown sugar

Add:

3 eggs  
1 teaspoon vanilla, beat  
1 teaspoon soda dissolved in a little boiling water

Sift together and add to above mixture:

1/2 teaspoon baking powder  
1 teaspoon cream of tartar  
6 cups flour  
pinch of salt

Pack in bread pan lined with waxed paper to form loaf. Chill and slice thin. Bake at 350 degrees until done.

## GOVIE'S SOUR CREAM OATMEAL COOKIES

2 cups brown sugar  
1 cup shortening, part butter  
3 eggs  
1 pint sour cream, dissolve  
1 teaspoon soda in cream and pour over  
2 cups oatmeal, let stand a few minutes  
1-1/2 cups raisins  
2-1/2 cups flour, sift in  
1/2 teaspoon allspice  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/2 teaspoon cloves

Drop by teaspoonsful. Bake at 350 degrees.

## PIONEER

## PIONEER

### GRANDMA'S OATMEAL COOKIES

1 cup sugar  
1 cup lard  
2 eggs  
1 teaspoon cinnamon  
1/2 teaspoon nutmeg  
2 cups flour  
2 cups oatmeal  
1/2 cup nuts  
1/2 teaspoon salt

Boil together and cool:  
2 teaspoons soda  
1 cup raisins  
1 cup water

Add to other mixture and drop from spoon. Bake at 350 degrees for 8-10 minutes.

### OLD-FASHIONED SUGAR COOKIES

Sift together:

1-1/2 cups sifted flour  
1/2 teaspoon baking powder  
1/2 teaspoon salt  
1/2 teaspoon soda  
1/2 cup sugar

Cut in:

1/2 cup shortening until mixture resembles coarse meal

Blend in:

1 egg  
2 tablespoons milk  
1 teaspoon vanilla

Roll out on floured board to 1/16 inch thickness. Cut with 2-1/2 inch cutter. Bake at 400 degrees for 6 to 8 minutes.

### OLD FASHIONED HONEY COOKIES

1 cup lard  
1 cup sugar  
1 cup honey  
1 cup sweet cream  
1 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1 teaspoon soda  
2 eggs  
5 cups flour

Cream lard and sugar. Combine other ingredients. Roll thin or drop and bake in moderate oven. (Sego works great for cream.) When using half and half, add more lard.

### BRIDE'S BANANA COOKIES

1-1/2 cups sugar  
1/2 cup shortening  
2 eggs  
1 teaspoon vanilla  
1 teaspoon banana flavoring  
1 cup sour cream  
1 teaspoon soda  
2-1/2 cups flour

Mix together all ingredients. Chill dough. Bake at 375 degrees for about 10 minutes. (You may add coconut or nutmeats to the dough.) Frost with Waldorf Astoria Frosting.

## WALDORF ASTORIA FROSTING

Cook:

3 tablespoons flour  
1 cup milk

Chill this mixture.

Beat in mixer:

1/2 cup butter  
1/2 cup margarine  
1 cup white sugar  
1 teaspoon vanilla

Add the above mixture. It will look like whipped cream.  
It freezes well for the next batch of banana cookies.

## ISOBEL'S MOLASSES CREAMS

1 cup sugar  
1 cup shortening (1/2 cup butter, 1/2 cup Crisco)  
1 cup molasses  
1/2 cup sour milk  
1 egg  
2 teaspoons soda dissolved in 1 tablespoon vinegar  
1 teaspoon ginger  
1 teaspoon cinnamon  
1 teaspoon cloves  
1 teaspoon nutmeg  
approximately 5 cups flour

Cream shortening and sugar. Add other ingredients.  
Drop by teaspoonsful on cookie sheet. Bake at 350 degrees for 12 to 15 minutes. Frost with powdered sugar icing.

## GOVIE'S BURNT SUGAR CAKE

3 tablespoons burnt sugar  
1-1/2 cups sugar  
1/2 cup shortening  
3 egg yolks (one at a time)  
1-1/2 cups sweet milk  
1 teaspoon vanilla (added to milk)

Sift together:

3 cups sifted flour  
2 teaspoons baking powder  
1/2 teaspoon salt

Sift dry ingredients into cake batter, alternately with milk. Fold in 3 egg whites beaten stiffly. Bake in 350 degree oven until done.

## OLD-FASHIONED GINGERBREAD

2 cups wholewheat flour  
1/3 cup soy flour  
2 tablespoons wheat germ  
1-1/2 teaspoons soda  
1 egg (beaten)  
2 cups sour milk or buttermilk  
1 cup butter  
1/4 cup oil  
1 cup unsulphured molasses (not blackstrap)  
1/2 teaspoon grated fresh ginger or dried  
1 teaspoon cinnamon  
1/2 teaspoon ground cloves  
raisins or currants, if desired

Mix dry ingredients with spices. Add fruit to dry mixture. Mix other ingredients and add to dry mixture, stirring just enough to mix. Bake at 350 degrees until tested done in a 8" x 15" pan. Makes 15 generous servings.

## PIONEER

## PIONEER

### HOLE-IN-THE-MIDDLE CAKE

2 cups flour  
1 cup sugar  
3 teaspoons baking powder  
1/4 teaspoon salt

Place dry ingredients in bowl, mix with spoon. Form slight depression in center and add:

1/2 cup melted shortening  
1 cup milk  
2 eggs  
1 teaspoon vanilla  
optional - 1 teaspoon lemon extract

Beat by hand just until smooth and pour into greased and floured pan, 9" x 13" or two 8" layers. Bake at 350 degrees until cake tests done.

History: Mom was a pioneer lady in Eastern Montana. She cooked for eight kids on a coal and wood range. This cake recipe was served as a base for shortcake, topped with chocolate or lemon sauce, with milk or cream poured over it, hot with butter, or split and spread with jam for school lunches.

### GRANDMA'S DUMPLINGS

1 egg in 1 measuring cup; fill with sweet milk  
3 teaspoons baking powder  
1-1/2 cups flour

Sift together dry ingredients, then drop egg and milk into flour mixture and mix well. Drop into stew or broth. Keep covered for at least 15 or 20 minutes. Do not lift up lid and do not allow dough to set. Serves 6.

### STEAMED HOLIDAY PUDDING

1-1/2 cups sifted all-purpose flour  
1-1/2 teaspoons baking soda  
1-1/2 cups sugar  
3/4 teaspoon salt  
1-1/2 teaspoon cloves  
1-1/2 teaspoons cinnamon  
3/4 teaspoons nutmeg  
3 tablespoons butter or margarine (melted)  
3 eggs, well-beaten  
1-1/2 cups grated raw carrots  
1-1/2 cups grated raw potatoes  
1-1/2 cups coarsely chopped walnuts  
1-1/2 cups seedless raisins

Thoroughly oil a 1-1/2 quart mold. Sift flour with baking soda, sugar, salt and spices. Gradually stir butter into eggs in large bowl. Then stir in flour mixtures and remaining ingredients; mix well. Turn into mold; cover securely with aluminum foil or tight-fitting cover. Place on trivet in deep kettle or roaster. Add enough boiling water to come up half-way up side of mold. Simmer with cover on kettle 2 hours. Cool pudding to lukewarm; remove from mold. To store: cool pudding completely. Wrap in aluminum foil. Refrigerate until holidays, then wrap (foil and all). To serve: unwrap pudding; steam 30 minutes or until heated through. Serve with one of your favorite hard sauces. Makes 8 to 10 servings.

## BRIDE'S LEMON CUSTARD PIE

In the blender:

6 eggs  
1/3 cup lemon juice or Realemon  
1/2 teaspoon salt  
1 cup sugar

Add:

2 cups milk

Pour into an unbaked pie shell and bake at 450 degrees for 15 minutes and 350 degrees for 25 minutes.

## BRIDE'S CHEESE CHIFFON PIE

2/3 cup sour cream  
1/2 cup sugar  
1/2 teaspoon salt  
1/8 cup butter  
1 envelope Knox gelatin sprinkled over sour cream until dissolved

After gelatin is dissolved, heat the above and add:

1/4 teaspoon soda  
3 large egg yolks, beaten until fluffy and yellow  
2 tablespoons fresh lemon juice  
1 cup grated sharp cheddar cheese

Cool and fold into:

3 egg whites beaten stiffly  
1/3 cup sugar

Pour into a baked pie shell and serve with a garnish of whipped cream and strawberries.

## GRANDMOTHER McFARLAND'S BUTTER CRUST FOR PUMPKIN PIE

Sift together:

1 cup sifted flour  
1/2 teaspoon baking powder  
1 tablespoon sugar

Blend in with your fingers:

1/2 cup butter, softened  
1 tablespoon water

Roll out on floured board to fit 9" pie pan.

## GRANDMOTHER McFARLAND'S PUMPKIN PIE

(Always use fresh pumpkin for this. Cook the peeled and seeded pumpkin gently in covered pan of water until soft. Drain on towel. Puree it by putting it through a ricer.)

1-1/2 cups pumpkin  
1 cup brown sugar  
1 teaspoon cinnamon  
1/2 teaspoon ginger  
1 teaspoon salt  
2 tablespoons orange juice (fresh, if possible)  
2 eggs, slightly beaten  
1 cup Carnation milk

Mix ingredients in order given and blend well. Pour slowly into butter crust. Bake at 400 degrees for 50 minutes.

## HOMEMADE NOODLES

6 egg yolks  
1 tablespoon water  
enough flour to make dough stiff enough to roll out

Mix all ingredients. If you do not have a noodle roller, then fold and cut with a knife. Put newspaper over back of chair and cover with a towel. Hang noodle ovals over them and let hang until almost dry.

## PIONEER

## GENNY'S POULTRY STUFFING

8	cups dry bread crumbs
6	tablespoons chopped onion
2	teaspoons salt
1/2	teaspoon pepper (heaping)
1/2	teaspoon poultry seasoning
2/3	cup melted butter or margarine
4	eggs
1	pint broth from giblets

Mix together onion, salt, pepper, poultry seasoning, butter and eggs. Moistened bread with broth. Add first mixture. Grind giblets and add. An excellent stuffing for those not fond of sage.

## RIBBEL

1	pound white corn meal
1	teaspoon salt
1/2	cup milk
1-1/2	cups hot water
1/4	cup shortening

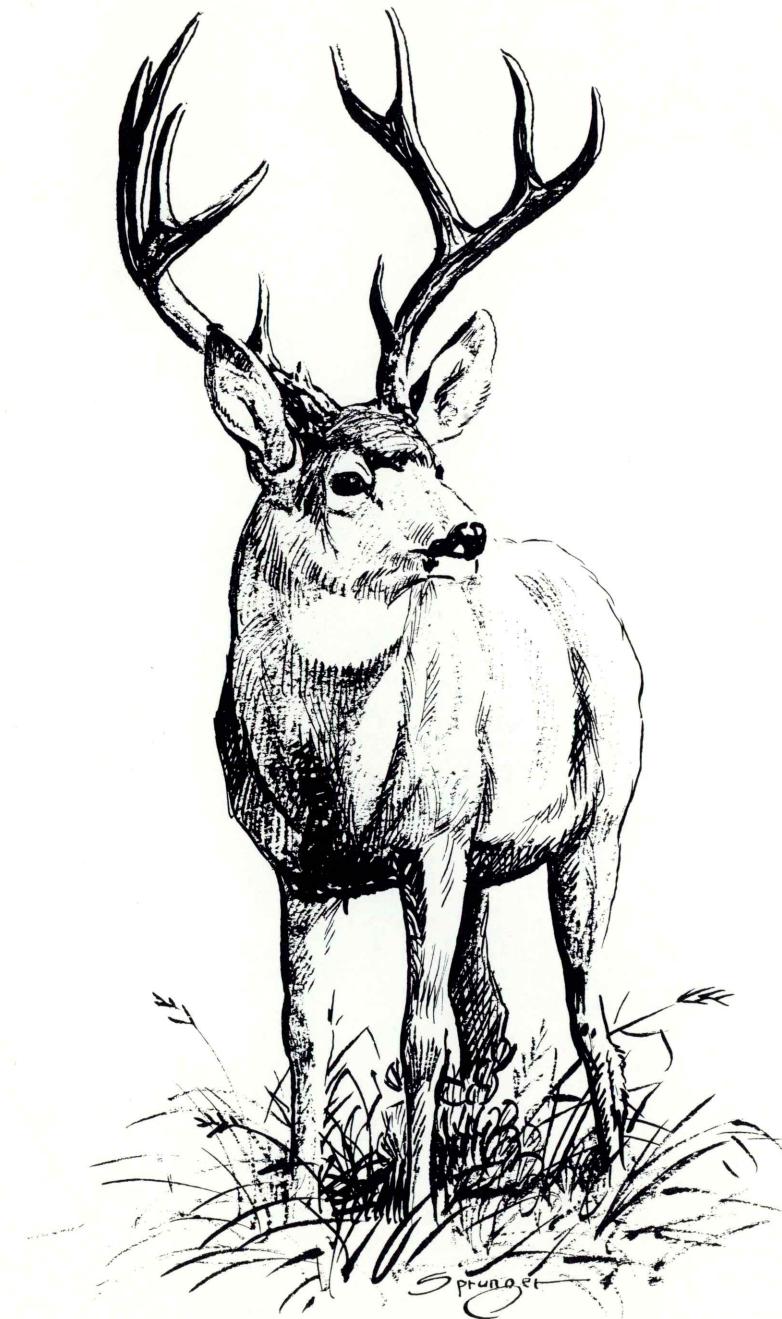
The night before, put most of the corn meal in a bowl; add salt and 1/2 cup milk. Mix well. Add hot water slowly, mixing well. Add rest of corn meal. When mixture looks moist when tamped with a spoon, enough water has been added. Let stand overnight. In the morning, melt heaping spoonful of shortening in frying pan and add corn meal mixture. Fry, stirring to prevent burning. It will form small balls or crumbles which should be partly golden brown. Add more shortening as necessary. Serve in a bowl and pour on syrup. Serves 4 to 6. For breakfast or anytime.

## MINCEMEAT

5	cups chopped cooked meat (neck of venison)
2-1/2	cups chopped suet
7-1/2	cups chopped apples (add apples just before cooking)
2-1/2	cups raisins
3	cups cider
1/2	cups vinegar
3	cups sugar or a little more
3/4	pound citron, finely chopped
	juice of 2 lemons
	juice of 2 oranges
1	tablespoon mace
2	tablespoons cinnamon
2	tablespoons cloves
2	tablespoons allspice
2	tablespoons nutmeg
3	cups liquor from beef or venison
1-1/2	cups brandy
	nuts

Combine all ingredients. Cook 1-1/2 hours then add brandy and seal in sterilized jars.

# **WILD GAME**



## ROASTED WILD DUCK OR GOOSE

Here is a simple method to prepare that romantic duck dinner you have always dreamed of but thought was too bothersome to fix.

### TO CLEAN:

Let ducks or geese hang for one to three days in the barn or shed after being shot. Plucking is easy when birds are cold. Dry pluck most of the down and feathers. (Down can be saved and used later.) Remove feet and duck wings as they have little flesh; do not remove neck or innards until later. Dip bird in a bucket of boiling water that has 3 or more cakes of household paraffin in it. Then immediately dip in a bucket of cold water for several minutes. The paraffin forms a coating over the bird; the cold dipping quickly hardens the coating. Now peel the coating. This method removes the majority of pinfeathers in a short time. There will, of course, be some pinfeathers left that take a little time to be removed by hand with a knife or tweezer. Now remove the neck and innards. Duck innards are quickly removed by splitting all the way up the back. The birds should be soaked in salt water overnight (2 tablespoons to one gallon of water). This helps remove some of the gamey taste and the bloodshot.

### TO ROAST:

Allow one duck per person or one goose. Remove bird from salt water; pat dry. Coat bird with vegetable oil inside and out. This locks in juices. Now sear bird on top of stove in 2 tablespoons of hot fat. Place in roaster with fat and a little water. Place a piece of onion or celery stalk inside. This will be discarded later. Roast duck breast side up at 350 degrees for 1 hour. Geese tend to dry out quickly from long roasting, so cover breast side with aluminum foil; remove

foil 1/2 hour before done. Roast goose at 350 degrees for 20 to 25 minutes per pound. Locate fat deposits on goose and every hour while roasting, prick these to release. They make excellent drippings for gravy. Wild rice, a simple salad, homemade bread and wine best compliment this meal.

### TO FREEZE:

Prepare duck or goose as stated above in cleaning, including soaking. Remove from salt water and double wrap in freezer paper, date and freeze. Best if used within 6 months.

### SAUCE FOR WILD DUCK

1	cup red currant jelly
1/4	cup orange juice
1	tablespoon Worcestershire sauce
1	tablespoon dry mustard
	salt and pepper to taste

Simmer all ingredients slowly until thoroughly blended. Serve hot with roast duck . . . . . delicious!!!

### WILDGAME MARINADE

1/4	cup lemon juice
1/4	cup orange juice
1/2	cup honey
1/4	cup soy sauce (scant)
1	clove garlic (crushed)
1	teaspoon ground ginger
1	tablespoon grated orange rind
1/2	teaspoon pepper
1/4	cup pineapple preserves

Mix all together. Pour over ribs or roast of any game meat or beef. Let stand overnight, turning occasionally. Remove from marinade and barbecue over coals or in slow oven. 4 pounds of ribs will take about 1-1/2 hours.

### HUNTER'S STEW

1-1/2	pounds venison, moose, elk or beef hamburger spread on bottom of casserole with a few slices of onion
1/2	teaspoon green pepper (chopped)
4	stalks chopped celery
4-5	carrots and potatoes sliced (can pre-boil)
1	can tomato soup
1	can cream of mushroom soup
1	can water - add seasoning

Bake at 325 degrees for 2 hours or until done.

### LOW CALORIE CABBAGE CASSEROLE

1	small head cabbage
1	pound lean ground beef, venison or elk
1	small onion
1/2	cup uncooked rice
1	cup condensed tomato soup (with 1 can water)

Chop cabbage and place in greased baking dish. Brown meat and onion, stir in rice. Pour on top of cabbage. Mix soup and water; pour over entire casserole. Bake at 350

degrees for 1 hour. Add more water if casserole is too dry. 10 servings, 199 calories per serving.

### MEAT LOAF

2	pounds ground round steak
2	eggs
1-1/2	cups bread crumbs
3/4	cup ketchup
1/2	cup warm water
1	package onion soup mix

Beat thoroughly. Put into loaf pan. Cover with two strips of bacon if you like that flavor. Pour over all of one 8-ounce can tomato sauce. Bake one hour at 350 degrees. Serves 6.

### ROUND STEAK WITH MUSHROOM GRAVY

Cut steaks up in serving pieces. Place in buttered casserole pan. Sprinkle 1/2 of an envelope of Liptons onion soup mix on top of meat. Add on top can of cream of mushroom soup and about 1/3 cup water. Cover and bake at 300 degrees for 3 hours. Serve with baked potatoes.

### SUPER HAMBURGER STEAKS

1	pound ground elk, venison, or beef burger
1	egg
1/4	cup milk
	cracker crumbs
2	tablespoons shortening
1	can cream of mushroom soup
1	can of chicken or celery soup
1/2	soup can of water

Form meat into 4 to 6 patties. Beat egg and milk together. Dip patties in egg mixture, then dip in cracker crumbs. Brown in shortening over medium heat. Combine soup and water. Pour over hamburger steaks in skillet. Simmer for 20 minutes. Yields 4 to 6 servings.

## SWEET AND SOUR SPARERIBS

- |       |  |
|-------|--|
| 2     | pounds spareribs, cut in 1-inch rib sections<br>(venison, beef or elk spareribs) |
|       | hot water  |
| 2     | tablespoons oil  |
| 1/4   | teaspoon salt  |
| 1/8   | teaspoon pepper  |
| 3/4   | cup sugar  |
| 1/4   | cup flour  |
| 1-1/4 | cups water   |
| 2/3   | cup vinegar  |
| 1/2   | cup soy sauce  |
| 1     | onion, chopped   |
| 1     | green pepper   |

Place ribs in large skillet; add enough hot water to cover. Bring just to boil, then reduce heat and simmer 5 minutes. Drain; dry thoroughly using paper towels. Heat oil in skillet. Add ribs; season with salt and pepper. Mix sugar and flour; sprinkle over browning ribs. Turn ribs often to prevent scorching. When ribs are well-browned, stir in remaining ingredients. Cover and simmer about 1 hour until ribs are tender. Yields 4 to 6 servings.

## STUFFED HEART

- |   |                                       |
|---|---------------------------------------|
| 1 | heart, any kind                       |
|   | your favorite turkey stuffing is best |
| 2 | cans consomme or beef bouillon        |
|   | pepper                                |
| 1 | bay leaf                              |

To make sure it will be tender, boil the heart for 1 hour. Drain and stuff pocket. Sew up opening. Roll in flour and brown in bacon grease in dutch oven or deep pan. Pour consomme over and add some pepper and the bay leaf. Cover tightly and simmer in oven 1-1/2 hours or until tender.

## PINEAPPLE SWEET AND SOUR MEAT BALLS

- |     |                             |
|-----|-----------------------------|
| 1/2 | pound ground pork sausage   |
| 1/2 | pound ground game meat      |
|     | salt and pepper             |
| 1   | cup beef bouillon           |
| 1   | green pepper, thinly sliced |
| 1   | onion                       |
| 1   | large can pineapple chunks  |
| 1/2 | cup sugar                   |
| 3   | tablespoons cornstarch      |
| 3   | tablespoons soy sauce       |
| 1   | egg                         |

Combine meat, egg and 1/2 onion, finely chopped, to make small meat balls (may add bread crumbs as needed). Brown meat balls and add bouillon. Cover and simmer 30 minutes. Add pineapple, drained; sugar and soy sauce. Add salt and pepper to taste. Thicken with cornstarch and add 1/2 cup pineapple liquid; simmer a few minutes. Add finely sliced green pepper and remaining onion. Cook 10 minutes. Serve over rice.

## BAKED PHEASANT

- |   |                         |
|---|-------------------------|
| 1 | pheasant, cut up        |
|   | salt and pepper         |
| 1 | cup flour               |
| 1 | cup shortening          |
| 1 | package brown gravy mix |
| 1 | package onion gravy mix |

Season pheasant with salt and pepper, then roll in flour. Brown in shortening in skillet. Place in baking dish. Prepare brown gravy mix and onion gravy mix to package directions. Pour over pheasant. Cover and bake at 300 degrees for 2 hours. Serve with a rice dish. Serves 4.

### RABBIT STROGANOFF

- |     |   |
|-----|---|
| 2   | rabbits, cut up                                   |
| 1/2 | cup flour   |
| 1/4 | teaspoon salt                                     |
| 1/4 | teaspoon pepper                                   |
| 1/2 | cup dry sherry                                    |
| 1   | teaspoon paprika                                  |
| 1/2 | cup melted butter                                 |
| 1   | can cream of chicken soup                         |
| 1   | can cream of mushroom soup                        |
| 1/2 | cup chopped green pepper                          |
| 1   | cup chopped fresh mushrooms (may use 1 small can) |

Dredge rabbit pieces in a combination of flour, salt, pepper and paprika. Pour the melted butter in a casserole baking dish and place rabbit in dish. Bake uncovered about 50 minutes at 350 degrees. Meanwhile, combine the canned soup, fresh mushrooms and green pepper in a bowl. Add sherry and pour this sauce over the rabbit mixture. Place back in the oven for 30 minutes at same temperature. Bake uncovered. Serve immediately over hot rice.

### BAKED PHEASANT IN SOUR CREAM

- |       |                                  |
|-------|----------------------------------|
| 1     | dressed pheasant                 |
| 3     | tablespoons flour                |
| 1-1/2 | teaspoons salt (pepper to taste) |
| 3     | tablespoons butter               |
| 1-1/2 | cups water                       |
| 1/4   | teaspoon sugar                   |
| 1/2   | teaspoon paprika                 |
| 1     | cup sour cream                   |

Remove pin feathers and singe pheasant. Rinse well inside and out. Drain and cut in serving pieces. Dredge with flour, salt and pepper. Brown slowly in butter (10-15 minutes). Blend any remaining flour into butter in pan. Add 1/2 cup water and blend until smooth. Lower heat and simmer 45 minutes or until tender, adding remaining water as needed. Add remaining ingredients and blend well. Simmer gently for 15 minutes. 4 servings.

### PHEASANT PAPRIKA

- |       |                                 |
|-------|---------------------------------|
| 1     | pheasant, cut in serving pieces |
| 3     | tablespoons fat                 |
| 1     | teaspoon salt                   |
| 1     | cup sour cream                  |
| 1-1/2 | teaspoons paprika               |
| 1/8   | teaspoon pepper                 |

Roll pheasant pieces in flour and brown in fat in a dutch oven. Season with salt, pepper and paprika. Add sour cream and cover. Let cook over a low heat until the meat is tender, about 40 minutes.

### ROAST WILD GOOSE

(Stuffing is optional, but if dressing is used, only fill cavity 3/4 full as dressing will expand.)

- |     |                    |
|-----|--------------------|
| 1   | wild goose         |
| 1   | jar spiced apples  |
| 2   | tablespoons butter |
| 1/4 | cup water          |

Clean and pluck goose. Baste inside body cavity with 3-4 tablespoons juice from spiced apples. Brush outside with butter, salt and pepper to taste; add water and roast in 325 degree oven 25 minutes per pound of goose (be sure to keep covered.) One-half hour before serving, remove cover and baste outside of goose with more juice from apples until glazed brown. Serve trimmed with parsley and spiced apples.

## RUFFLED GROUSE AND WILD RICE

- 16 pieces raw grouse  
 2 cans cream of celery soup  
 2 cans cream of chicken soup  
 1 can drained mushrooms  
 2 cans water  
 1 package dry onion mix  
 1 cup white rice  
 1 cup wild rice, washed and soaked in hot water

Mix all ingredients except the grouse in a 9 x 13 baking pan. Lay grouse on the top of mixture. Salt grouse. Bake uncovered with foil in 350 degree oven for 1 hour. Cover & continue baking about 1/2 hour or until rice is cooked. Can use all types of wild rice. Serves 6.

## VENISON SOUP

Begin with a 2 or 3-pound shank bone of an elk or deer. Cut as much tallow off as possible, leaving some meat on the bone. Boil the bone covered with water, 1 large sliced onion, 3 stalks of celery and one 2-1/2 pound can of tomatoes. Add salt and pepper to taste. Boil together for 3 hours, keeping meat bone covered with water. Add more water as needed. Strain. You now have soup stock to which noodles may be added. Add the diced vegetable of your choice. The meat on the soup bone may be cut up and added to the soup stock.

## SWEET AND SOUR DUCK

- 5- or 6-pound duck  
 salt and pepper  
 flour

Sauce:

- 3 tablespoons butter  
 1 can (13-1/2 ounces) pineapple chunks, drained  
 (reserve liquid)

- 2/3 cup reserved pineapple juice (if not enough juice, add water)  
 1/2 cup cider vinegar  
 3 tablespoons minced preserved ginger or one slice fresh ginger  
 1/4 cup water or duck broth  
 2 teaspoons soy sauce  
 2 tablespoons cornstarch  
 1 medium green pepper, cut into 1-inch squares  
 2 cups diced carrots

Rub duck with salt, pepper and a little flour. It may be left whole or split down the back and chopped across four times. Put it in a roaster and cook in a hot oven for 10 minutes, then turn down heat to 325 degrees for another 25 minutes. Drain off fat, add the broth or water, return to oven, cover and roast until tender, about 1 hour more. When done, drain off most of liquid from duck and set aside.

In skillet combine butter, soy sauce and ginger and simmer for about 2 minutes (until ginger gives off odor). Add green pepper and cook until tender. Add diced carrots, pineapple juice, vinegar and heat to boiling. Reduce heat, cover and simmer for about 2 minutes. Stir in pineapple chunks. Blend water and cornstarch and stir into skillet. Cook, stirring constantly until mixture thickens and boils. Boil and stir one minute. Serve duck chunks over rice topped with sauce.

WILD  
GAME

VENISON STEAK CASSEROLE

2 pounds venison steak  
6 tablespoons flour  
1 clove crushed garlic  
1 teaspoon salt  
1/2 teaspoon pepper  
1/4 teaspoon oregano  
3 tablespoons bacon grease or cooking oil  
6 medium potatoes sliced  
6 medium onions sliced  
2 carrots sliced  
1 green pepper (1 cup)  
3 cups beef bouillon

Cut steak in serving pieces. Pound in mixture of flour and spices. Brown in shortening. Place layer of vegetables and meat in large baking dish and pour bouillon over top. Bake at 350 degrees covered for 1 hour, then 1/2 hour uncovered at same temperature.

VENISON SHORT RIBS

3 pounds ribs, cut in serving size pieces

Sauce:

1 cup catsup  
1 cup water  
1 tablespoon sugar  
1 tablespoon horseradish  
1 bay leaf  
1 tablespoon dry mustard  
1 tablespoon vinegar  
1/4 teaspoon pepper  
1 teaspoon salt  
1 tablespoon Worcestershire sauce

Mix well; soak ribs in sauce overnight in the refrigerator. Remove ribs from sauce, drain and roll in flour. Melt 3 tablespoons fat in skillet and gently brown ribs in hot fat. Add liquid in which ribs were soaked and cook slowly until ribs are done, about 1-1/2 hours.

VENISON CHILI

(Elk, bear or antelope may also be used)

4 pounds venison, cut into bite-sized pieces  
1 large onion  
2 cloves garlic, minced  
1 teaspoon cumino seed  
6 teaspoons chili powder  
2 cans tomatoes, undrained  
2 cans kidney beans  
2 cups hot water

Combine meat, onions and garlic in large heavy skillet. Sear until lightly browned. Add other ingredients except for beans. Bring to a boil, lower heat and simmer about 2 hours. Add beans and simmer another half hour.

VENISON POT ROAST

3 to 4 pound venison roast  
1 onion  
4 carrots (sliced)  
4 potatoes (cut in half)  
1 4-ounce can tomato sauce  
salt  
pepper

Brown venison. Place in roaster and bake at 350 degrees for 1-1/2 hours. Add 1 cup of water. Add onion, carrots, potatoes and tomato sauce. Bake for 1 hour more.

VENISON STEW

Begin with 3 pounds of elk or deer round steak. Dredge diced pieces in flour. Brown in 2 tablespoons Wesson oil heated in a large sauce pan. Add 1 large onion, diced, and 4 stalks of celery, diced. Season with salt and pepper to taste. Add 1 teaspoon Italian seasoning spice. After this has browned well, cover with water and simmer or boil slowly 3 to 4 hours. One hour before serving, add 3 large carrots, diced, and 3 large potatoes, diced. A small rutabaga may also be added, diced.

## VENISON WITH SOUR CREAM

2	pounds venison
1/4	cup fat
1	cup diced celery
1/2	cup minced onion
1	bay leaf
4	tablespoons butter
1	clove garlic
1	cup diced carrots
2	cups water
1	teaspoon salt
4	tablespoons flour
1	cup sour cream

Cut venison in pieces. Melt fat in heavy frying pan. Add meat and garlic. Brown on all sides and arrange in dish. Put vegetables in remaining fat and cook for 2 minutes. Add salt, pepper and water. Pour over meat. Bake in slow oven until meat is tender. Melt butter in frying pan and stir in flour. Add water that the meat has cooked in and boil until thick. Add sour cream and more salt, if necessary. Pour over meat and vegetables. Serve with buttered noodles.

## ROAST VENISON WITH WINE

7-1/2	pound boned leg of venison
9	slices bacon
1	teaspoon salt
1/4	teaspoon dried thyme leaves
1/4	teaspoon pepper
2	tablespoons chopped onion
1	clove garlic, crushed
1/4	cup lemon juice
1	cup beef buillon
1	cup burgundy

Preheat oven to 500 degrees. Wipe roast with damp paper towels. Arrange 6 bacon slices on the inside of roast, roll up. Place 3 bacon slices across the top. Place roast in shallow roasting pan. Sear in oven 10 to 15 minutes. Remove roast from oven, lower heat to 425 degrees. Combine remaining ingredients and pour over roast.

Cover with foil. Roast, basting occasionally with dripping, 2-1/2 to 3 hours or until meat is tender. Remove to serving platter. Strain pan drippings and serve with meat. Yields 15 to 20 servings.

## VENISON JERKY

1/2	teaspoon salt
1/3	teaspoon garlic powder
1/2	teaspoon black pepper
1	teaspoon Accent
1	teaspoon onion powder
1/4	cup Worcestershire sauce
1/4	cup soy sauce

Sauce for 1-1/2 pounds deer meat. Using meat half frozen (for easier slicing), slice in 1/8 inch strips with the grain, desired lengths. Cover with the above sauce and marinate overnight. Spread single layer on oven wire rack, using foil under to catch drippings. With the oven door cracked open and at the lowest temperature, bake for 6-8 hours. May be eaten immediately. Becomes dryer when cold.

## VENISON JERKY

3	pounds lean venison
1	tablespoon salt
1	teaspoon garlic powder
1/2	teaspoon pepper
1/3	cup Worcestershire sauce
1/4	cup soy sauce
1	tablespoon prepared mustard

Cut venison into 1/2-inch wide and 1/4-inch thick strips. Mix all other ingredients and pour over the meat. Marinate overnight. Remove from marinade and dry with paper towels. Place in oven. In a gas oven the pilot flame will dry jerky in 4 days. In a 200-degree electric oven, leave in the oven until dry by feel.

### VENISON MINCEMEAT

Approximately 4 pounds of "trim meat with the bones."

Cook this meat and refrigerate over night in the meat broth. In morning, skim off the fat from the broth and grind the meat (with a coarse knife.)

To the ground meat, add:

- |     |   |
|-----|---|
| 3/4 | pound beef suet (ground)  |
| 3   | pounds of apples (peeled and ground)                                |
| 2   | pounds seedless raisins   |
| 1   | 12-ounce package currents   |
| 1   | tablespoon salt   |
| 1   | tablespoon cinnamon   |
| 1   | tablespoon nutmeg   |
| 1   | pound brown sugar   |
| 2   | quarts cider (use some of the meat broth also along with the cider) |

Combine all of the above ingredients in a large kettle and simmer for 2 hours, stirring frequently. Be sure that all of the ingredients are thoroughly mixed together. As the mixture simmers, season to the taste of the individual. (You may find that a certain season is more to your liking.) As the mincemeat cooks, it will thicken, and will appear to become quite thick when it is ready for the jars. (This mincemeat freezes very well.) Put into containers containing the exact amount for each pie. If it is canned (preferably quart jars) process for 60 minutes at 10 pounds pressure.

When making the pie, you may find that if 3 tablespoons of rum are added to the mincemeat as it is heated for the pie the flavor is greatly enhanced.

### ELK STEAK

- |     |                         |
|-----|-------------------------|
| 1/2 | cup onion, chopped fine |
| 2   | tablespoons butter      |
| 1   | cup mushrooms           |
| 1/2 | cup sweet or sour cream |
| 2   | tablespoons flour       |
| 4-6 | steaks                  |

Brown onions lightly in butter; remove from butter. Slowly brown steaks on both sides in the butter. Spread the browned onions over the steaks, cover and cook very slowly for 1/2 hour. Make a smooth sauce of the cream, flour and mushrooms. Add to the meat while hot. Cover and let simmer for 20 minutes.

### ELK IN WINE

- |     |                                    |
|-----|------------------------------------|
| 2   | pounds lean elk (1-1/2 inch cubes) |
| 1/3 | cup flour                          |
| 4   | medium onions                      |
| 3   | tablespoons cooking oil            |
| 1/4 | teaspoon each salt and pepper      |
| 1/4 | teaspoon each marjoram and thyme   |
| 1/2 | cup beef bouillon                  |
| 1/2 | pound mushrooms                    |
| 1   | cup dry red wine                   |

Brown onions in cooking oil in skillet and remove from pan. Saute meat in the drippings, adding more oil if necessary. Combine the flour and seasonings and sprinkle over the browned meat. Add the bouillon and wine. Simmer slowly for 3 hours, stirring occasionally. Add more bouillon and wine if needed. Add mushrooms and browned onions; cook one hour long. Serve with rice. 6 to 8 servings.

## ELK CHOUFLER

1 pound boneless elk steak cut 1/3-inch thick  
1 small head cauliflower  
2 tablespoons butter or margarine  
1 green pepper cut in 3/4-inch pieces  
1/4 cup soy sauce  
1 clove garlic, minced or pressed  
2 tablespoons cornstarch  
1/2 teaspoon sugar  
1-1/2 cup beef broth or water  
1 cup sliced green onions with tops  
3 cups hot cooked rice

Cut meat into 1/2-inch squares and marinate in sugar and beef broth overnight. Separate cauliflower into flowerettes (about 4 cups). Brown meat in butter about 5 minutes. Add cauliflower, green pepper, soy sauce, and garlic. Stir lightly to coat vegetables with soy sauce. Cover pan and simmer until vegetables are barely tender, about 10 minutes. Blend cornstarch, sugar and beef broth. Add to meat mixture with green onions. Cook, stirring constantly, until thoroughly heated and sauce is thickened. Serve over beds of fluffy rice.

## MOOSE STEAK

1/2 cup onions, chopped fine  
1/2 cup sweet or sour cream  
1 cup chopped mushrooms  
2 tablespoons butter  
2 tablespoons flour

Fry onions, brown in butter. Sear steak on both sides in butter and browned onion. Cover and let simmer for 1/2 hour. When almost tender, add the mushrooms and the flour, stirred into the cream. Cover and let simmer for 20 minutes.

## DIABLE SAUCE FOR BEAR

1 medium onion chopped fine  
2 cloves garlic  
4 tablespoons butter  
1 teaspoon salt  
2 teaspoons ground black pepper  
1-1/2 teaspoons dry mustard  
1/2 cup red wine  
1 can beef gravy  
1 tablespoon Worcestershire sauce  
juice of half lemon

Saute onions and garlic in butter. Add wine and simmer for 4 minutes. Add seasonings, beef gravy, Worcester-shire sauce and lemon juice. Bring to boil and simmer 5 minutes over low flame.

## BEAR FAT PIE CRUSTS

Make it clear to your favorite hunter that every bit of precious bear fat possible is to be brought home to you. Clean it, then render it out slowly in heavy pan — on low heat in oven overnight is fine. Pour into clean containers. Cook and then store in refrigerator, root cellar or freezer. Use bear fat in any of your favorite pie crust recipes for a treat that cannot fail to please. So light, crispy and delicious!!!

BAKED STUFFED TROUT

- |     |  |
|-----|--|
| 1   | large trout, 2-4 pounds, cleaned and sprinkled with salt |
| 1/4 | pound butter or margarine                                |
| 1/2 | cup finely chopped celery                                |
| 2   | tablespoons lemon juice                                  |
| 3   | slices rye garlic bread, cubed                           |
| 1   | medium can hominy, drained and ground with bread         |
| 1   | teaspoon sugar   |
| 1   | teaspoon meat tenderizer                                 |
| 1   | teaspoon sage  |
| 1   | teaspoon poultry seasoning                               |
| 1   | medium onion, chopped                                    |
| 1   | tablespoon diced dill pickle                             |
| 2   | tablespoons cashew nuts                                  |
| 2   | tablespoons chopped black olives                         |

Saute celery and onions in butter until transparent. Add rest of ingredients. Mix well together. If dry, moisten with enough milk to hold mixture together. Fill cavity of fish. Bake until done in 350 degree oven.

PICKLED MONTANA TROUT

- |       |                             |
|-------|-----------------------------|
| 20    | medium trout                |
| 3     | cups vinegar                |
| 1     | cup water                   |
| 3/4   | cup sugar                   |
| 1-1/2 | tablespoons salt            |
| 2     | gloves garlic               |
| 2     | tablespoons pickling spices |
| 3     | large onions, sliced        |

Skin and cut up the trout in 2-inch pieces. In a large pan, place fish and cover with water; bring to a boil and cook for 3 minutes. Drain and pack into jars with raw onion slices. Combine vinegar, water, sugar, salt, garlic and pickling spices in pan and boil for 15 minutes. Pour hot syrup over fish and seal jars. Let stand 2 or 3 days before using for best flavor.

# **ON THE TRAIL**



## CHUCK WAGON STEAK

- 1 cup catsup  
 1/2 cup water  
 1/4 cup vinegar  
 1/4 cup onion  
 1/4 cup green pepper  
 1-1/2 tablespoons Worcestershire sauce  
 1 tablespoon prepared mustard  
 2 tablespoons brown sugar  
 1/2 teaspoon salt  
 1/2 teaspoon pepper  
 4 pounds round steak, 1/2-inch thick

Pound meat and brown. Mix all ingredients and bring to a boil. Put on low heat and simmer for 2-3 hours.

## SILVER PLATED POT ROAST

- 4 pounds blade bone pot roast at least 2 inches thick  
 3 tablespoons flour  
 1 tablespoon brown sugar  
 1 teaspoon salt  
 dash of pepper  
 1/2 teaspoon dry mustard  
 3/4 cup catsup  
 1-1/2 tablespoons Worcestershire sauce  
 1 tablespoon vinegar  
 2 stalks celery (sliced)  
 2 carrots (sliced)  
 1 medium onion (sliced)

Brown roast slowly on grill over coals with hickory added, about 30 to 40 minutes. Season well with salt and pepper. Combine next 8 ingredients for sauce. Tear off 5 feet of foil and double fold. Spread half of sauce mixture in the center of the foil. Place meat atop the sauce in the center of the foil. Cover with vegetables and remaining sauce. Seal and bake over coals for 1-1/2 to 2 hours until tender. Serves 6.

## BARBECUED TROUT

- 1 small whole trout per person  
 salt and pepper  
 butter  
 lemon juice

Clean fish. Sprinkle inside of fish with salt and pepper and squeeze of lemon juice. Arrange each fish on square of well-greased foil, sprinkle top of fish with salt and pepper; add small pat of butter. Wrap fish neatly and securely in foil. Place on barbecue; cook, turning occasionally for about 20 minutes. Serve in foil with chopped parsley and lemon wedge.

## STAMPEDE CHILI

- 1 pound hamburger  
 1 medium-sized onion, chopped  
 1 number 2 can kidney beans  
 1 number 2 can tomatoes  
 1/2 chili stick  
 1 tablespoon chili powder  
 salt and pepper to taste

Heat chili stick with 1/2 cup water. Brown onions, add hamburger and brown the meat. Add tomatoes and cook until tender. Add beans, salt, pepper, chili powder, and water. Last, add chili mixture. Simmer 1/2 hour.

## BULLDOGGER GOULASH

- 3 pounds round steak, cut in inch squares  
 1 large onion, chopped  
 2 cans cream of chicken soup  
 2 cans cream of mushroom soup  
 2 cups sour cream  
 4 tablespoons fat

Saute onion in fat. Add meat and brown. Add soups and 3 cans of water. Simmer until meat is tender. Add sour cream and heat ten minutes. Serve over hot fluffy rice.

### HOBOK STEW

Break up 1 pound of hamburger into a large saucepan. Cover with water and bring to a boil. Keep skimming off the top. Add onions, carrots, green beans, potatoes, stewed tomatoes, celery, corn and any other vegetables you like. Add a can of tomato sauce and simmer for at least an hour. The longer it simmers the better it tastes. Salt and pepper to taste.

### COW CAMP SUPPER

Fry together until brown:

1 pound beef bacon  
1 large onion, sliced

Add along with salt and pepper to taste:

1 can tomatoes  
1 can corn

Add 3/4 pound sharp cheddar cheese, diced, right before serving. Serve on sourdough biscuits.

### WRANGLER'S HASH

3 large onions, diced  
1 green pepper, diced  
1-1/2 pounds hamburger  
2 cups canned tomatoes  
1 can baked beans  
1/2 cup uncooked rice  
2 cups uncooked noodles  
1/2 teaspoon pepper  
2 teaspoons salt  
1 teaspoon chili powder

Saute onions and green pepper in 3 tablespoons oil. Add hamburger and brown. Stir in remaining ingredients. Pour into baking dish and bake at 350 degrees for one hour.

### PIONEER DRUMSTICKS

2 pounds ground beef  
2 eggs  
salt  
pepper  
chopped onion (fine)  
1 cup crumbled cornflakes

Mix all ingredients thoroughly together. Wrap around green sticks (squeezing evenly). Cook over campfire, turning frequently. Serve in wiener buns. Serves 8.

### COOK CAR CASSEROLE

1 cup uncooked rice  
1 can whole kernel corn  
1 can mushroom soup  
1 ten cent bottle soy sauce  
2 corn cans cold water  
3 medium onions, cut fine  
1 pound ground beef

Combine all ingredients and cook one hour at 350 degrees.

### BREAKFAST CANDY

1 cup white syrup  
1 cup sugar  
1 cup cream  
1 teaspoon vanilla  
2-3 cups corn flakes  
2-3 cups puffed rice  
1 cup coconut  
1 package salted peanuts

Cook syrup, sugar and cream together and bring to a boil or until it forms soft ball; remove from heat. Add vanilla to mixture and pour over cornflakes and rice, add coconut and salted peanuts. Press into large buttered pan.

## RANGE RIDER'S BREAD

2-3/4 cups hot water  
 4 cups raisins  
 1 cup white sugar  
 1 cup brown sugar  
 4 tablespoons margarine  
 1 teaspoon salt  
 2 eggs  
 2 teaspoons vanilla  
 4 teaspoons soda  
 4 cups flour  
 1 cup nuts

Pour hot water over raisins, bring to a boil. Set aside covered and let cool. Cream together sugars, margarine, salt, eggs, and vanilla. Add soda to raisin mixture. Add flour alternately with raisin mixture. Stir well. Add nuts. Grease well number 2 cans. Fill cans 1/2 full. Bake at 350 degrees for 45 minutes. Cool on rack 10 minutes. Remove from cans. This bread freezes very well.

## DUTCH OVEN PACK BREAD

2 packages yeast  
 2-1/2 cups warm water  
 2 teaspoons salt  
 7-1/4 to  
 7-1/2 cups flour

Glaze for bread:

1 egg white  
 1 tablespoon water

Dough should be very stiff. Mix until dough does not stick to mixing surface or hands. Let rise twice in a dutch oven set in a pan of warm water. Second time it rises, punch down and make into two round loaves. Let loaves rise to double bulk on flat surface of foil over warm water. Cover with towel rung out of hot water.

Prepare dutch oven with a layer of thin flat rocks or one inch of small gravel. Place on fire to pre-heat. The lid should be heated with the oven. When bread is raised, set loaves on foil in pre-heated dutch oven. Put lid on and add glowing coals to lid. Using pliers to lift the lid, peek at bread every 15 minutes until done (approximately 45 minutes). Also, glaze the bread each time with the egg white and water mixture. A piece of paper towel or cloth works for glazing. High altitude bread is the best ever! Happy eating!

## LARIAT CAKE

1-1/2 cups brown sugar  
 1/2 cup margarine  
 1 egg  
 1 cup buttermilk  
 1 teaspoon soda  
 1 teaspoon salt  
 1 teaspoon vanilla  
 2 cups flour  
 1 cup chopped rhubarb

Beat sugars, margarine, and egg together. Add buttermilk, alternately with the flour and soda and salt that have been sifted together. Add vanilla. Add chopped rhubarb last.

Topping:

Mix 1/2 cups white sugar, 1 teaspoon cinnamon together. Sprinkle on top of cake. Bake at 350 degrees for 35-40 minutes.

ON THE  
TRAIL

BREAKFAST BARS

1	cup margarine or butter, softened
1	cup brown sugar
2	eggs
1/2	cup honey
1/4	cup dark molasses
1	teaspoon vanilla
2	large ripe bananas
2	cups flour
2	teaspoons baking powder
1/2	teaspoon salt
1/2	cup wheat germ or whole wheat flour
3/4	cup rolled oats
1/2	cup chopped walnuts (optional)
3/4	cup chopped dates

In a large mixing bowl, cream butter and sugar. Add eggs, beating until light and fluffy. Mix in honey, molasses and vanilla. Mash bananas and stir in. Blend together flour, baking powder and salt. Add to banana mixture, blending well. Stir in wheat germ or whole wheat flour and rolled oats; then fold in chopped dates and nuts. Spread butter in greased 13 x 9 baking dish. Bake at 375 degrees 35 to 40 minutes. Cool slightly and sprinkle with powdered sugar. Makes 32 bars.

CALVING TIME CHUCK ROAST

5	pound chuck roast
4	tablespoons Worcestershire sauce
1	can mushroom soup
1	package dry onion soup mix

Rub roast with Worcestershire. Place on plenty of foil. Pour soups over roast. Cover completely with foil. Bake at 350 degrees for 3 hours. Comes out complete with gravy.

FALL ROUNDUP CHUCK ROAST

5	pound chuck roast
1/3	cup red wine or vinegar
1/4	cup catsup
2	tablespoons cooking oil
2	tablespoons soy sauce
1	tablespoon Worcestershire sauce
1	teaspoon prepared mustard
1	teaspoon salt
1/4	teaspoon pepper
1/4	teaspoon garlic powder

Place roast in shallow baking dish. Thoroughly combine other ingredients and pour over roast. Marinate at least 2 hours, turning once or twice. Bake for 1 hour at 350 degrees. Then broil or barbecue about 6 inches from heat until desired doneness, turning several times and basting with marinade frequently.

LINE CAMP RIBS

4	pounds short ribs
2	cups chopped celery
1	chopped onion
1	8-ounce can tomato sauce
2	tablespoons prepared mustard
2	tablespoons brown sugar
2	tablespoons lime juice
2	tablespoons liquid smoke
2	tablespoons vinegar
1	teaspoon salt
1/4	teaspoon pepper

Preheat oven to 450 degrees. Place ribs on rack in shallow pan and roast for 30 minutes. Combine other ingredients in saucepan and cook until thickened, stirring constantly. Remove ribs from rack from pan and pour off fat. Return ribs to pan and pour sauce over them. Bake uncovered at 350 degrees, basting until tender, about 1 hour.

## SWEDISH POT ROAST

	5-pound chuck roast
2	tablespoons butter
2	tablespoons cooking oil
1	cup finely chopped onions
3	tablespoons flour
1	tablespoon dark corn syrup
2	tablespoons white vinegar
2	cups consomme
1	large bay leaf
1/2	teaspoon coarse ground pepper
	salt to taste

Preheat oven to 350 degrees. Melt butter and oil over moderate heat in heavy casserole. Add meat and brown on all sides. Remove meat from pan and set aside. Add onions and cook until lightly browned. Remove pan from heat, add flour and stir gently to dissolve. Add other ingredients and meat, cover and bring to a boil on top of stove. Place in lower part of oven and cook for about 3 hours.

## BOEUF A LA MODE

	5-pound chuck roast
2	tablespoons butter
8	small pieces salt pork or bacon
12	small white onions
1/8	cup brandy (optional)
1	cup dry white wine
1	teaspoon sugar
	pinch of thyme
3	sprigs parsley
1	teaspoon salt
1/2	teaspoon pepper
1	cup consomme
3	carrots, cut into 1-inch pieces

Heat butter in dutch oven. Add meat and slightly brown on all sides. Add salt pork and onions and cook until well-browned. Add brandy and ignite. Add other ingredients, bring to boil. Cover tightly and simmer for 4 hours or until meat is tender.

## RANCHER'S RIBS

4	pounds short ribs
	salt
	freshly ground pepper
1/2	cup flour
2	tablespoons butter
1	cup coarsely chopped onion
1	cup coarsely chopped carrot
1/2	teaspoon finely chopped garlic
1/8	teaspoon thyme
1	cup beef stock

Preheat oven to 500 degrees. Season ribs generously with salt and pepper. Dip in flour, shaking off excess. Arrange in rack in shallow pan. Brown in middle of oven for 20 minutes. Melt butter over moderate heat in heavy casserole. Add onion, carrot, garlic and thyme. Cook for 6 to 8 minutes, stirring frequently. Put ribs in pan, add stock and stir. Spoon stock over ribs. Bring to boil; add bay leaf and cover tightly. Braise at 325 degrees for 1-1/2 to 2 hours.

## BARN DANCE RIBS

4	pounds short ribs
1/2	cup peach jam
1/2	cup water
	juice of 1 lemon
3	tablespoons brown sugar
1	tablespoon butter
1	tablespoon cooking oil
1	tablespoon vinegar
1/2	teaspoon paprika
1	teaspoon salt
1/2	teaspoon pepper
2	tablespoons Worcestershire sauce

Prepare exactly as in the above recipe.

CARIBBEAN BEEF AND BEAN STEW

4 pounds short ribs  
1 pound dry navy beans  
2-1/2 quarts water  
1 large onion, diced  
1 teaspoon salt  
2 teaspoons hot mustard  
1/2 cup chopped celery  
1 cup diced carrots  
1 cup canned tomatoes  
1 pound ground beef  
bowl of chopped bananas, drenched in fresh lemon or lime juice

Combine beans and water in kettle, bring to boil 2 minutes. Let stand an hour or so. Add ribs, onion, salt and mustard. Cover; bring to boil, then simmer for 2 hours. Add celery and carrots and simmer another 1/2 hour. Add tomatoes. Cut meat from bones and return to stew with browned ground beef. Garnish with banana.

CATTLE DRIVE SOUP

1 pound soup bones  
1 cup water  
2 cups tomato juice  
1/2 cup coarsely chopped onion, sauted in butter  
1 tablespoon salt  
1/4 teaspoon chili powder  
2 bay leaves  
1 cup diced celery  
1 cup sliced carrots  
1 cup diced potatoes  
2 teaspoons Worcestershire sauce

Simmer, covered, for 2 hours with bones, water, tomato juice, onion and seasonings. Add vegetables; cover and simmer for 1 hour longer. Remove meat from bones and return to soup.

DON'T WASTE SOUP

Save every little dab of leftover vegetables for about a week. Simmer 1 pound soup bones with about 1 quart of water and/or beef broth, consomme, tomato juice for 2 hours. Add vegetables and beef you have cut off the bone; simmer another 1/2 hour or more. Leftover rice or noodles may be added, or barley.

BRANDING IRON CHOWDER

1 pound soup bones  
1 pound ground beef  
2 cans kidney beans  
1 large can tomatoes  
1 quart water  
1 large onion, chopped  
1-1/2 teaspoons seasoned salt  
1/2 teaspoon garlic powder  
1/2 teaspoon thyme  
1/4 teaspoon pepper  
1 cup diced potatoes  
1/2 green pepper, chopped

Brown ground beef; pour off fat. In large kettle, combine everything except green pepper and potatoes. Simmer, covered, 2 hours. Add green pepper and potatoes. Cook covered 15 to 20 minutes, until potatoes are tender.

## RUMANIAN ONION SOUP

1	pound soup bones
3	tablespoons butter
3	cups diced onion
2	teaspoons sugar
5	cups beef broth
1	cup diced potatoes
1	cup heavy cream
1/4	teaspoon celery salt
1	cup dry white wine
2	tablespoons lemon juice
1	teaspoon sugar
1/4	teaspoon freshly ground black pepper
2	tablespoons minced parsley

Simmer soup bones and beef broth about 2 hours. Melt butter in saucepan; saute onions and sugar until browned. Add to broth along with potato and celery salt. Cover, bring to boil and cook on low heat 30 minutes. Stir in wine, lemon juice, sugar and pepper. Bring to boil; simmer 10 minutes. Cut beef off bone. Gradually blend in cream; heat, do not boil. Taste for seasoning, sprinkle with parsley and serve.

# **WILD FOODS**



Trigonitis

## MONTANA HUCKLEBERRY DESSERT

1/2 pound graham crackers (crushed)  
 3/4 cup melted margarine  
 2 tablespoons sugar  
 2 packages Dream Whip  
 1 8-ounce package Philadelphia Cream Cheese  
 1 to 1-1/2 quarts Montana huckleberries

Thicken the huckleberries as you would for a pie and sweeten. Set aside to cool. Mix melted margarine, graham cracker crumbs and 2 tablespoons sugar and form a crust in a 13 x 9 x 2 pan. Bake for 8 minutes and cool. Combine powdered sugar and cream cheese; mix well. Mix Dream Whip as directed on the package and add to the cream cheese and powdered sugar mixture. Pour cooled huckleberries over the crust and then spread the white mixture over the top. Chill and serve.

## HUCKLEBERRY MARSHMALLOW DESSERT

16 graham crackers, crushed  
 1/4 cup melted margarine  
 1/4 cup sugar  
 24 marshmallows  
 1/2 cup milk  
 1/2 pint whipping cream  
 1 teaspoon vanilla  
 4 cups fresh huckleberries

Mix crackers, margarine, and sugar. Put half in 8-inch square pan. Bake at 375 degrees for 5 minutes. Melt marshmallows with milk in double boiler. Cool to room temperature. Do not allow to get too thick. Whip cream, add vanilla, then mix in marshmallow mixture. Put half over the graham cracker crust, then put all berries in. Add rest of marshmallow mixture. Sprinkle with remaining graham cracker mixture and chill.

## HUCKLEBERRY CREAM CHEESE PIE

1 9-inch baked pie shell  
 3-ounce package Philadelphia Cream Cheese  
 1/2 cup powdered sugar  
 1 teaspoon vanilla  
 1 cup cream, whipped or  
 1 packaged Dream Whip, whipped

Cream the cheese, powdered sugar and vanilla. Add the whipped cream and put in pie shell. Put huckleberry filling on top of cream cheese mixture in pie shell. Chill several hours.

## Filling:

2 cups huckleberries  
 1/2 cup water  
 1 cup sugar  
 2 tablespoons cornstarch softened in 1 cup cold water

Bring to boil; add cornstarch mixture and cook until thickened. Serve with whipped cream on top.

## HUCKLEBERRY CAKE

1 cup sugar  
 1 cup sour cream  
 2 eggs  
 2 cups flour  
 1 teaspoon salt  
 1 teaspoon baking powder  
 1 teaspoon vanilla  
 2 cups clean huckleberries

Mix sugar, cream, eggs and vanilla together. Add dry ingredients, mixing well. Gently fold in huckleberries. Bake at 350 degrees, about 30 minutes. Serve with cream.

### SARVISBERRY PIE

4 cups fresh sarvisberries  
1 cup sugar  
3 tablespoons flour  
dash salt  
1/2 teaspoon cinnamon  
1/4 teaspoon nutmeg  
\* juice of 1/2 lime or 1/4 lemon  
1 tablespoon butter

Line 9-inch pie plate with pastry. Combine fresh berries with sugar, flour and salt. Add cinnamon, nutmeg. Fill pie shell. Sprinkle with lime or lemon juice. Dot with butter. Adjust top crust. Bake in hot oven (400 degrees) 35 to 40 minutes. Serve warm.

### HUCKLEBERRY SALAD

1 6-ounce cherry Jello  
1-1/2 cups boiling water  
1 cup Hawaiian Punch  
1 small can crushed pineapple  
1-1/4 cup huckleberries  
2 cups whipped dessert topping  
1/2 cup chopped nuts

Dissolve Jello in boiling water; stir in punch. Chill until thick. Add fruits, whipped topping and nuts. Chill until firm.

### HOT SPICED CHOKECHERRY DRINK

Per Cup:

2 tablespoons syrup  
1 tablespoon lemon juice  
1/2 to  
3/4 water

Heat with bag of whole spices, cloves and cinnamon; remove spices when flavored enough.

### CHOKECHERRY SYRUP AND JUICE

Put 12 pounds (or two gallons) of washed whole cherries through a food grinder. (This is a process that splatters juice badly, so if you have an outdoor table where it can be done, it will save much clean-up in the kitchen.) Put the cherries into a crockery or glass container and add two quarts of cold water and three ounces of tartaric acid. (This acid is obtained at a drug store and should be carefully weighed according to the amount of cherries. If you get it in bulk, three level tablespoons is one ounce.) Let the mash stand in a cool place for 48 hours.

Put small amounts of the mash into a cloth bag and squeeze out the juice. If a wooden fruit press is available, it saves much time and effort, but do not use any kind of a metal press. Strain the juice through a cloth two or three times until it flows through quickly. For the first straining, the cloth will need to be washed several times because there is a sediment that clogs the cloth. To make syrup, add one cup of sugar for each cup of juice, bottle and cork. The syrup must be kept in a cool place or it might ferment. (Note: this syrup is an uncooked product.)

It is also possible to heat the plain juice not quite to the boiling point, put into sterile jars and seal. Later any amount of sugar desired can be added.

The yield is at least as many cups of juice as you have pounds of cherries, but it is usually more and depends on the condition of the cherries. I have heard it said that cherries should not be gathered until after the first frost, but this is not correct and I like to gather the cherries when they are very dark but still plump.

The syrup is good on ice cream or on pancakes, or it can be diluted and Tab, lemon juice or gingerale added to "cut" the sweetness. If the plain juice is used for a drink for one cup of drink use 1/4 cup juice, 3/4 cup of water and about 2 tablespoons sugar. This is also good served in the winter as a hot drink. Put a small bag of spices in while heating it (stick of cinnamon, allspice, cloves).

## CHOKECHERRY FRAPPE

Fill a glass with vanilla ice cream; add 1/4 cup syrup and 1/2 cup gingerale. Stir.

## CHOKECHERRY SYRUP

Cook cleaned ripe chokecherries in enough water to cover berries until cherries are soft. Strain juice through cloth. (Pulp may be rubbed through sieve and use to make jam.) For syrup: 7 cups prepared juice, 2 tablespoons pectin (Sur-Jel or Pen-Jel), 7 cups sugar. Mix pectin and juice and heat to rolling boil. Boil one minute. Add sugar and mix thoroughly. Bring to rolling boil and boil for one minute. Pour into sterilized jars and seal. Six pints.

## DANDELION WINE

Quart dandelion flowers (not much green; less bitter). Gallon hot water.

Soak 24 hours, strain. Add 3 oranges and 3 lemons quartered. Add 1 pound raisins, 3 pounds granulated sugar (6-3/4 cups) and 1/2 cake fresh yeast. Let ferment 7-8 days. Strain. Put in jug till settled (at LEAST 6 weeks) and siphon into bottles. (While fermenting, stir 1-2 times daily with wooden spoon.)

## DESERT TEA

Fill a gallon glass jar (plastic doesn't work) with water; add whatever weed or herb you like, such as mint, clover, pineapple weed, yarrow). Cover and set in the sun for 8 hours. Cool and add honey if you like. (Might also add: catnip, rose leaves and petals or strawberry leaves.)

## FRESH GREEN CATNIP TEA

Collect fresh greens. Add young catnip leaves (1 cup to teapot or saucepan of boiling water (1-2 quarts). Boil one minute and steep for 5 minutes. Drink tea and eat greens with salt, pepper and butter. (Good for you!)

## SALADS: FRESH GREENS OR FRUIT

### BASIC WATERCRESS AND LETTUCE SALAD

To 1/4 head of lettuce, add 1 cup young watercress leaves. Top with your favorite salad dressing.

To this basic salad can be added various amounts of wild greens such as: 1 cup chopped chickweed, purslane, pigweed, lamb's quarters or sheep sorrel leaves and/or 1/4 cup chopped young mint, catnip, fanweed, shepherd's purse or tumbling mustard leaves, and/or small amounts (1 ounce) of watercress green pods or fanweed, shepherd's purse or tumbling buds, flowers, green pods and seeds.

### MACARONI SALAD

Marinate 3 cups cooked macaroni in Italian Salad Dressing overnight. Next day add 3/4 cup of the chopped white tender bases of cattail leaves and/or the young tender white hooked roots of cattails.

To this salad you can add, if available, 1/2 cup chopped young watercress leaves, and/or 1/4 cup chopped young fanweed leaves or fanweed buds, flowers and young green pods.

### CATTAIIS WITH PEANUT BUTTER

Cut tender part of the base of the cattail leaves length-wise and spread on peanut butter like celery

### CHICKWEED SALAD

2 cups chopped young chickweed greens  
1 cup chopped young watercress leaves  
1/4 cup chopped wild onion bulbs, leaves or flowers  
1 ounce chopped buds, flowers and green pods of fanweed, shepherd's purse or tumbling mustard

Mix all ingredients and toss; add your favorite dressing.

### DANDELION SALAD

Wash enough dandelions for four persons. Put salad in a bowl and add two chopped, hard-boiled eggs. In a skillet, fry 1/2 pound of minced bacon. When done, take the skillet from the fire and add to it one-third cup of wine vinegar and quickly pour over salad. Season with black pepper and salt. Add fresh watercress for an extra taste sensation.

When picking dandelions for these dishes, look for newly sprouted plants. Older dandelions have a tendency to become slightly bitter.

### WILD FLOWER GARNISH

To brighten up an ordinary salad, simply garnish with fresh wild rose petals, wild violet blossoms, wild strawberry blossoms or tumbling mustard blossoms.

### WILD GREENS

Most of the leafy greens – live sorrel, purslane, dandelion, pigweed, nettles or lamb's quarters could be cooked as much as you would spinach or chard. Wash thoroughly, but do not soak. The amount of water which clings to the leaves is almost sufficient if a cast aluminum or heavy pot is used, and 3-5 minutes boiling time in salted water.

### FRESH PURSLANE PICKLES

1 cup white vinegar  
2 cups of cold water  
1/4 cup salt  
1/2 teaspoon alum

Obtain two pint jars. Place in each jar on the bottom: flower of dill, clove of garlic and a small red pepper. Pack jars with fat, tender purslane stems, not too tight. Fill jars with liquid and seal. Store in a dark place for one month before using. Do not cook.

### TRY A SOUFFLE!

3 tablespoons butter or margarine  
3 tablespoons flour  
1/2 teaspoon salt  
1 cup milk  
4 eggs beaten separately (separate yolk and white)  
1 cup cooked, chopped or sieved greens  
2 tablespoons grated cheese  
dash of cayenne  
a little grated onion  
1-2 teaspoons dry mustard

Melt fat in heavy pan on top of double boiler. Add flour, salt, cayenne and blend. Pour in the milk. Cook and stir until mixture thickens. Add cheese, beaten egg yolks, mustard and spinach. Fold in beaten egg whites and pour into greased casserole. Bake in a 350 degree oven for 40 minutes or until knife inserted in center comes out clean. Put a few curls of butter on top and serve at once.

## SAUCES

Most of the sauces suitable for broccoli or spinach could be used for wild greens:

lemon butter: mustard-mayonnaise, browned butter (a little garlic, lemon juice and toasted, shredded almonds); white sauce; mock Hollandaise sauce (white sauce + egg yolk, butter, lemon juice); cheese sauce or just melted cheese and butter; vinaigrette sauce.

## WILTED GREENS

2 quarts broken greens (torn) – (lamb's quarters, chickweed, dandelion, sheep sorrel, purslane, pigweed)  
2 tablespoons chopped chives or green onion tops  
3 tablespoons bacon fat  
1/2 cup vinegar  
1 teaspoon sugar  
salt and pepper

Sprinkle greens with chives. Heat fat; add vinegar, sugar, salt and pepper to taste; heat. Pour over greens; toss and serve at once. May add bits of pimento or tomato, or sweet red peppers for color.

## WILTED GREENS

(Use young chickweed, young dandelion leaves, lamb's quarters, red sorrel, purslane, pigweed or cow cabbage.)

Fry six or more strips of bacon quite well. Drain well and cut into 1/2 inch pieces. Toss lightly about 2 quarts or more of wild greens in warm frying pan in which about 2 tablespoons of fried bacon grease or drippings have been placed. Add 2 tablespoons vinegar, salt and pepper. Add bacon bits before serving. I do not wilt greens very much; just coat with bacon drippings and seasonings. Drain before serving. Some people like greens well wilted.

## WILD GREENS WITH MUSTARD CREAM SAUCE

1/2 cup heavy cream - whipped  
1/8 teaspoon salt  
1-1/2 teaspoons prepared horseradish  
1/4 teaspoon dry mustard  
1 teaspoon vinegar

Fold into whipped cream, horseradish, mustard and vinegar. Set aside and chill. Use over hot cooked wild greens (young dandelion leaves, young nettles, pigweed, purslane, lamb's quarters, chickweed, cow cabbage). Garnish with hard boiled eggs and paprika.

## WILD GREENS PIE

Use pigweed, lamb's quarters, sorrel, purslane, chickweed, nettles or dandelion greens, cow cabbage.

Crust:

Melt 1/4 cup butter or margarine in pyrex pie plate in low oven. Crush 30 soda crackers very fine (1 cup). Mix with melted butter in pie plate. Press to bottom and sides to make crust.

Filling:

Fill pie crust with 1 cup cooked greens. In sauce pan, beat 2 eggs (slightly), teaspoon salt (scant), dash of pepper, 3/4 cup milk. Place over low heat – do not boil. Pour while hot over greens. Top with 1/2 cup sharp cheese grated. Bake at 350 degrees for 30 minutes. Serve hot.

### GREENS LOAF

(Use lamb's quarters, cow cabbage, pigweed, purslane, chickweed, nettles, dandelions).

Enough greens to make 2 cups after cooking; drain well.

- 2 tablespoons minced onion
- 1/4 teaspoon nutmeg
- 1/2 teaspoon each salt and pepper
- 1 cup sweet milk
- 2 cups bread or cracker crumbs – cut or mashed well
- 4 eggs

Beat cooked greens with egg beater until they are soupy. Add onion, nutmeg, salt and pepper, milk and eggs. Beat by hand just to mix. Fold in bread or cracker crumbs. Pour into a greased and floured loaf pan (8 x 8 x 2-1/2). Put in a pan of water in the bottom of oven. Bake about 50 minutes in 300 degree oven. Test with a cold knife. If it comes out clean, the loaf is done. Cut in squares and serve with lemon or catsup or tartar sauce.

### CHAR-BROILED FISH DRESSED IN GREENS

- 1 10- 20-inch trout or other fish
- 2 cups red sorrel, purslane, lamb's quarters, watercress, chickweed, pigweed, dandelions or nettles (rhubarb stems should also work)

Clean trout; add salt, pepper, and garlic salt to stomach cavity. Wrap with greens on all sides (including inside). Wrap with aluminum foil thoroughly to prevent leakage. Bake or broil over fire, charcoal or in oven at 400 degrees to 1/2 hour for 10-inch trout – 45 minutes for 20-inch trout.

Eat greens and fish while still hot! Great camping combination dish!

### WATERCRESS SOUP (FOR ONE)

Combine in blender and blend until smooth – about 1 minute – 3/4 cup water, 1 chicken bouillon cube, or envelope of instant chicken broth mix, and 1/4 bunch watercress. Heat to boiling point and serve immediately or chill.

### CREAMED WATERCRESS ON TOAST

Melt equal parts of butter and wholewheat flour in sauce pan (1/2 cup). Add chopped onion to taste (3/4 medium onion). Add salt and pepper. Add milk (about 4 cups). Simmer until thickened. Add parmesan cheese to taste (1 cup). Steam fresh watercress (save water for tea!) and add to sauce. Serve on toast or bread.

### NETTLE GREENS

Nettles cooked in small amount of water (salted) 5 minutes with wild onions and 1 teaspoon bacon grease.

### NETTLES WITH CREAM OF MUSHROOM SOUP

Cook nettles, strain, save juice. Mix juice with soup, fold in cooked nettles. Garnish with bacon and mint.

### CATTAILS-ON-THE-COB

Use as young cattail flowers as possible but they're still palatable after they turn brownish and start releasing pollen. Remove leaves. Drop in a pot of boiling water. Boil for 8-10 minutes. Drain well and serve with melted butter, salt and pepper. The water you cook them in will probably have turned yellow from pollen from the male flowers. Save it! It's full of pure pollen protein. Use it in a soup, or add a little salt and broth and drink it.

## DEEP FAT FRIED DANDELION BLOSSOMS (Dandelion Fritters)

Take 2 or 3 dozen fresh, young dandelion blossoms; cut off at the stem just under the blossom. Wash and take off excess water. Dip them into your favorite fritter batter. Fry in deep fat until golden brown. Serve with salt, pepper and melted butter or with maple syrup or honey.

## DANDELION BLOSSOM CUSTARD

Select fresh yellow dandelion blossoms. Remove leaves and stems; wash enough to fill the bottom of a flat baking dish. Beat together six eggs, one cup milk and one teaspoon salt. Add chopped onion to taste and pour mixture over dandelion blossoms. Dot the top with butter and bake in oven at 375 degrees until eggs are set, or until a knife pushed into the dish comes out clean. As an option, imitation bacon crumbs can be used — sprinkled over the top before placing dish in oven. Dandelion blossom flavor has been compared to fresh, wild mushrooms.

The dandelion greens can also be fixed as a cooked greens dish, although it's best to mix them with fresh or canned spinach.

## FANWEED HERB CREAM CHEESE

Collect old, dried-up fanweed plants in the fall. Crush plants into a large pan. Run chaff and seeds through a flour sifter to separate seeds from large pieces of crushed plant. Blow off small pieces of chaff from seeds, carefully. Use 1 ounce of seeds to 8 ounces of cream cheese; crush seeds and blend into warm cream cheese (room temperature); chill and serve on crackers, celery, etc.

Fanweed seeds have a garlic flavor, and can be added to butter, dips, and other sauces. Fanweed also makes an excellent addition to home-made salami.

## BERRY SWEET AND SOUR SAUCE

Use currants, gooseberries, strawberries, raspberries, huckleberries or buffaloberries.

Place 2 cups of berries in a quart saucepan. Add sugar or honey while mashing berries. (Amount of sugar or honey will vary, depending on berries used. For example, when using sweet berries, like raspberries, huckleberries, or strawberries, little or no sweetner may be added; but if using tart berries like gooseberries, currants or buffaloberries, as much as 1 cup or more sugar or honey may be desired.) Heat while adding sweetener. Sweeten until desired sour-sweet is obtained. Heat almost to boiling point. Pour in sterilized pint jars. Seal and process in boiling water for 5 minutes. Cool and store in dark place. After opening, refrigerate.

Take the berry sauce and use as it is on pork, game or mutton while frying, broiling or barbecuing, or stain out pulp and seeds through cheesecloth and use just the juice.

This is a basic sauce that has many other uses, when used with a little imagination. Don't be afraid to use it on salads, fish or other meats.

## BUFFALO BERRY JELLY

To one quart of buffalo berry juice, and 1/4 cup lemon juice and 1 package powdered pectin, boil vigorously. Then add approximately 4 cups sugar and stir and bring to a boil again. Then boil 2 minutes and remove from fire. Skim if desired. Pour into glasses and jars and seal.

### MOTHER'S MINT JELLY

3 cups fresh mint  
3 cups water  
2 tablespoons lemon juice  
5 drops green food coloring  
3-1/2 cups sugar  
1/2 bottle pectin

Wash leaves and shred into small pieces. (Blender works great!) In a large pan bring water to boil, add mint and cook for two minutes; remove from heat and steep at least 10 minutes. Measure 1-1/4 cups strained juice into sauce pan and add 2 tablespoons strained lemon juice, food coloring and sugar. Place over low heat and bring to full boil for 1 minute stirring constantly. Remove from heat; take scum off with a metal spoon; pour into sterilized jars immediately. Seal with lids or paraffin. Store in cool place. Use as jelly or as a sauce for fish, wild game and other meats.

### MINT SAUCE

Dissolve 1 tablespoon granulated sugar in 1/4 cup cider vinegar and 1/4 cups water. Add 1/4 cup chopped mint leaves and let stand 30 minutes in warm place. (May heat if desired.)

### BROILED FISH COVERED WITH GOLDEN Currant-Mint SAUCE

Go fishing. Catch two trout or other fish - 1 pound or more each. Fillet and place on cooking sheet. Season with salt, pepper and garlic salt.

### GOLDEN CURRENT-WILD MINT SAUCE

Use fresh or dried currants (8 ounces). Cook with sugar or honey (no water) and mash into juicy pulp. In bowl, mix 1/4 cup finely chopped fresh or dried mint leaves with 1/2 cup sugar and 1 tablespoon finely grated lemon peel and 2 tablespoons finely grated orange peel. Let

stand 1 hour. Mix with currants and stand by . . .

Broil fish fillets. Cover with currant-mint sauce and serve.

### BERRY SALAD DRESSING

Collect fresh greens for salad — collect 2 cups berries. Mash and add water and sugar to honey to obtain sweet-sour taste. Toss into salad. (Great salad dressing for camping.)

Berries that can be used include: huckleberries, currants, gooseberries, wild raspberries and wild strawberries and serviceberries.

Greens that can be used include: pigweed, lamb's quarters, dandelions, purslane, sorrel, chickweed, cattails, watercress and mustard.

### CAMP SWAMP BREAD

To make flour: collect horizontal cattail roots; peel, mash in water; after roots are crushed, get a bundle of them and tear them apart. Keep wringing till you have nothing left but what feels and looks like fiber. Strain water through cloth. Repeat until you have a white pulpy starch left. Dry and run through grinder.

To make bread:

1 large teaspoon baking powder  
1/4 teaspoon salt  
1/2 cup cattail flour

Mix in water until dough forms. Fry and serve hot.

**CATTAI WAFERS**

Use cattail flour obtained as in Cattail Swamp Bread recipe, above.

Add teaspoon vanilla. Sift and then measure 3/4 cup cattail flour and 1 cup all-purpose flour. Mix while adding flour alternately with 1/2 cup milk. Form into small flat wafers. Bake at 350 degrees until done.

**CATTAI POLLEN DUMPLINGS IN SWEET ONION SOUP**

Combine:

2/3	cup cattail pollen and flowers
1/4	cup wheat germ
1/2	cup cracker meal
1/4	cup powdered milk
1/2	cup flour
2	teaspoons baking powder
1/2	teaspoon salt

Add:

1 egg plus water to make 1/2 cup and 2 tablespoons melted oleo. Drop from wet spoon into simmering soup.

Soup: Saute sweet onions until tender. Add broth, seasoning. Simmer.

**GOOSEBERRY AND CATTAI POLLEN MUFFINS**

2	tablespoons pollen + enough white flour to make 1/2 cup
3/4	cup wholewheat flour
2	teaspoons baking powder
1/2	teaspoon salt
2	teaspoons cinnamon or to taste
1/2	cup milk
1/2	cup gooseberries (about)
1	egg

1/4	cups melted butter, margarine or oil
1/2	cup sugar or firmly packed brown sugar
3	tablespoons milk

Combine the 2 flours, baking powder, cinnamon, salt. Make a well in the center. Lightly beat the egg. Stir in the remaining ingredients. Pour all at once into flour well. Stir just to moisten ingredients. Batter should look lumpy. Grease muffin cups or use paper liners. Fill each cup 2/3 full. Bake at 375 degrees about 25 minutes. Makes about 9.

**CURRANT MUFFINS**

1/2	cup currants
1	cup sifted flour
3/4	cup sifted wholewheat flour
1/4	cup sugar
2-1/2	teaspoon baking powder
3/4	teaspoon salt
1	well-beaten egg
3/4	cup milk
1/3	cup salad oil or melted margarine

Sift dry ingredients into bowl; make well in center. Combine egg, milk and oil. Add all at once to dry ingredients. Stir quickly just till dry ingredients are moistened. Add the currants. Fill greased muffin pan about 2/3 full. Bake at 400 degrees for 25 minutes. Yield 12 muffins.

**HERB BREAD**  
(Onion Watercress)

Any yeast bread recipe. Add 1/2 cup watercress and 1/4 cup chopped wild onion to yeast bread mixture before adding flour. Then continue following bread recipe. NOTE: Any greens can be used in breads. Some of the most flavorful are red sorrel, fanweed, tumbling mustard, shepherd's purse, or watercress.

### HUCKLEBERRY PANCAKES

2	cups flour
1/2	teaspoon sour milk
2	eggs
1/2	teaspoon soda
1	teaspoon baking powder
2	tablespoons shortening
2	tablespoons sugar

Use your favorite pancakes mix if you wish. 1/2 cup to 1 cup huckleberries, depending on how many you can find. A few will flavor a lot of batter.

Sift flour, salt, soda, sugar and baking powder together in a bowl. Beat eggs lightly and stir in milk. Combine liquids and dry ingredients plus shortening and stir only enough to blend. Fold in huckleberries and drop by spoonfuls on hot griddle. Turn only once.

### OATMEAL Currant Squares

1/4	cup butter or margarine
1	cup firmly packed brown sugar
1	egg, beaten
1	teaspoon vanilla
1/4	cup sifted flour
	confectioner's sugar
1	teaspoon baking powder
1/4	teaspoon salt
3/4	cup rolled oats
1	cup dried currants
1/2	cup walnuts, chopped

Melt butter with brown sugar in saucepan over low heat. Stir until sugar is dissolved. Cool slightly. Stir butter-sugar mixture into beaten egg. Add vanilla. Sift flour, baking powder, and salt into egg mixture with oats, currants and walnuts. Turn into a greased 8-inch square baking pan. Bake in moderate oven, 350 degrees, 25 minutes or until golden brown. Cool on wire rack. While still warm, cut in squares. Sprinkle lightly with sugar. Store in covered container.

### BUFFALO BERRY CAKE

1	cup shortening
3	cups sugar
4	eggs, well beaten
3	cups applesauce (unsweetened)
5	cups flour (1/2 fine-ground wholewheat)
1	teaspoon salt
2	teaspoons cinnamon
2	cups buffaloberries
1	cup chopped nuts

Lightly flour berries and nuts. Fold into mix (grease and flour pan). Pour into large loaf size cake pan. Bake at 325 degrees for 1 hour 10 minutes. For variation replace 1/2 cup applesauce with 1/2 cup apricot pulp. Also, other nuts and seeds.

### ELDERBERRY MUFFINS

1	egg
1/4	cup vegetable oil or melted shortening
1/2	cup sugar
1/2	teaspoon salt
1/4 to	
1/2	cup reconstituted sweetened elderberries
1/2	cup milk
1-1/2	cups sifted flour
2	teaspoons baking powder

Beat egg with fork. Stir in milk and oil. Blend dry ingredients, fold in elderberries, stir until just blended. Batter will be lumpy. Bake 20 to 25 minutes. Oven 400 degrees. Grease bottom of muffin cups. Makes 12 muffins. (Elderberries can be used fresh or dried. To dry elderberries, dry in oven overnight at 150 degrees or less. Reconstitute by boiling with sugar or honey.)

**WILD RASPBERRY QUICK BREAD**

In mixing bowl add:

1 cup wild raspberries  
1 cup boiling water  
1 teaspoon soda

Mix, now add:

1 cup sugar  
3 tablespoons oil  
1 egg and mix

In separate 4-cup measuring bowl blend: 1 tablespoon pollen from cattail head when green or starch from cattail roots (grounded or pounded). Fill to 2-cup level with flour. Add 1 teaspoon baking powder. Combine all ingredients and beat thoroughly. Bake at 350 degrees for 1 hour. Makes 1 loaf.

**PIGWEED-CHEESE CRACKERS**

1/2 pound aged cheddar cheese, grated  
1/2 cup butter  
1/2 teaspoon salt  
1-1/4 cups flour  
1 ounce pigweed seeds

Combine all ingredients and work together until smooth. (Hands work best for mixing). Shape into a roll and wrap in waxed paper. Chill. Slice like refrigerator cookies and place on buttered cookie sheets. Bake in a 350-degree oven for 10 minutes or until lightly browned and done.

**PIGWEED SEED GARNISH FOR ROLLS, BREADS**

Gather old dried-up pigweed plants in fall with heavy gloves. Crush plants into large container. Run chaff and seeds through a flour sifter to separate seeds from large pieces of crushed plants. Blow off small pieces of chaff from seeds carefully. Use seeds to garnish breads like you would use poppy or sesame seeds. Also can be used to write on cookies.

# **INDIAN FOODS**



**DRY MEAT OR JERKY**

Use hind quarters from wild game or beef. Cut into long wide strips quite thin. Salt and hang to dry 4 to 5 days over or near heat until dry. Turn strips once or twice a day. When completely dry, place in clean, white cloth sack for future use. A small sprig of wild peppermint may be added to the content. (Too much salt makes the meat turn white and causes a loss of flavor. Do not cut the meat too thick or the meat will spoil.)

**BLOOD SOUP**

Mix three parts fresh beef blood with one part water. Bring to boil. Add one pinch of salt and some finely chopped suet. Add dried sarvisberries. Make a thickening of flour and water and slowly add to soup.

**PICKLED BEAVER TAILS**

Spear a beaver tail on a long stick or fork and hold over open flame until the skin pops and peels off. Boil tail in water until tender. Cut into bite-size pieces. Put in jars and cover with vinegar. Seal.

**CAMPFIRE LIVER**

Take large piece of liver and wash. Lay on coals to cook. Turn. This will have a thick black crust on outside; cut it off to serve.

**BAKED RABBIT INDIAN STYLE**

After dressing the rabbit, par-boil it in a large pan until it is half cooked. Drain and rinse with hot water. Sprinkle lightly with salt and pepper and bake in baking pan. Cover with thin slices of bacon or tallow fat. Bake slowly at 350 degrees until done. For Indian style picnics, cook rabbit over open fire and serve with Indian grease bread.

**JERKY STEW**

3 pounds jerky  
1 tablespoon lard  
flour

Sear jerky; grind on a flat grinding stone, using smaller oval-shaped stone to pound or rub it to bits. When meat is fine, put a little flour on it and put in pan of water. Place on stove to boil. Add 1 tablespoon shortening and cook until tender. Serve hot with squaw bread.

**MOOSE-ELK-DEER POT ROAST**

Wash and dry a 4-pound roast. Pepper and flour the meat thoroughly. Sear quickly in 1/2 cup shortening. Cover roast with 1 cup celery, cubed onions, diced, and 1 cup green pepper, chopped. Season with garlic salt and savory salt. Cover with 2 cups water and cook 3 hours at 375 degrees or until done.

**INDIAN PEMMICAN**

5 cups dry meat  
3 cups mashed cherries  
1/4 cup shortening  
1/4 cup sugar

Mix the dry meat, mashed cherries and the shortening together in a large bowl. Add the sugar to the mixture and serve.

**BAKED TROUT**

1 or more trout — large, cleaned and washed. Brush cavity with oil or butter. Stuff cavity lightly with 2 chopped onions, 4 large sticks of celery, chopped, and several sprigs of parsley. Lay several bacon slices over the trout. Sprinkle with salt and pepper or any other desired seasoning. Bake for 1 hour at 75 degrees.

### BANNACK BREAD

3 cups flour  
1 teaspoon baking powder  
3 teaspoons melted bacon grease  
3/4 cup warm water  
1/2 teaspoon salt

Combine ingredients and knead until dough is stiff. (Add more flour if needed.) Roll dough out and press flat in baking pan. Divide the top into equal portions with knife. In each portion make several indentations with a fork. Bake in a hot oven for 15 to 20 minutes. Should not be too thick and should break easily.

### INDIAN BANNACK BREAD

6 cups flour  
3 tablespoons baking powder  
1-1/2 teaspoons salt  
2-1/2 cups water

Heat oven to 350 degrees. Stir together flour, baking powder and salt. Gradually add the water. If the dough is too dry, add more water. If this is too moist, add more flour. Knead until it does not stick to your hands. Grease a large baking pan. Place dough in the baking pan and bake 35 minutes. Serve hot or cold.

### RAISED FRY BREAD

1 to  
1-1/4 cups warm milk  
2 tablespoons soft shortening  
2 tablespoons sugar  
1 package dry yeast  
2 teaspoons salt  
3 cups sifted flour

Dissolve yeast in milk. Add shortening, salt, sugar, and one fourth of the flour. Beat until smooth, scraping sides and bottom of bowl frequently. Add remaining flour and blend until smooth. Let raise in warm place about 30

minutes. Punch down and knead. Let raise again. Break into doughnut size pieces and shape flat, cutting a slit into the center of the dough. Deep fry in hot fat, turning the bread until both sides are golden brown. Drain on a paper towel and serve while warm. (Dip in syrup for added taste.)

### BAKING POWDER FRIED BREAD

7 cups flour  
1-1/2 teaspoons salt  
8 teaspoons baking powder  
water

Add water to flour, baking powder and salt. Mix until dough holds together. Knead and let sit for 45 minutes to 1 hour. Stretch the dough by the handful until quite thin. Make a hole in the middle and fry in hot grease, first on one side and then on the other until brown.

### INDIAN FRY BREAD

6 cups flour  
2 tablespoons baking powder  
1 teaspoon salt

Add enough water to form a ball of dough. Do not work; it makes the bread tough. Shape the dough into biscuit or doughnut form and fry in deep grease until brown.

### PUMPKIN BREAD

3-1/3 cups flour  
2 cups sugar  
2 teaspoons soda  
1-1/2 teaspoons salt  
1 teaspoon cinnamon  
1 teaspoon nutmeg

Add to above ingredients 2 cups pumpkin and 1 cup oil. Mix all well. Bake in 3 well-greased loaf pans 350 degrees for 1 hour.

**FRIED CORN BREAD**

1/2 teaspoon baking soda  
 1/2 pint buttermilk  
 1 teaspoon baking powder  
 1/2 teaspoon salt  
 4 tablespoons flour  
 10 tablespoons corn meal

Add soda to buttermilk. Mix all ingredients. Put 2 tablespoons lard in fry pan; add corn meal mixture. Cook on low. Brown both sides.

**INDIAN MUFFINS**

1 egg, beaten  
 1 cup milk  
 1 teaspoon melted shortening  
 2 tablespoons corn meal  
 1-1/2 cups flour  
 2 teaspoons baking powder

Mix egg, milk, and fat. Add dry ingredients. Blend well. Bake in greased muffin tins, 450 degrees for 20 minutes.

**DRIED CHOKECHERRIES**

The wild chokecherry was gathered when ripe and pounded on a stone until the fruit with pits was reduced to a thick paste. This was dried and packed away in bags to use in making pemmican. These dried, mashed berries were sometimes eaten alone, but they were more often used in soups.

**CHOKECHERRY SOUP**

Fill a large pot half full with water or meat broth. Add 2 cups of dried, mashed chokecherries and boil until soft. Sweeten to taste, stirring constantly. Slowly add a 1 cup

mixture of water and flour which is paste-like. Cook until thickened. Remove from heat and store in a sealed jar or this may be eaten immediately.

**CHOKECHERRY SYRUP**

3 quarts water  
 6 cups wild cherries  
 12 cups sugar

Bring the water and cherries to a boil. Gradually add 4 cupsful of sugar. Boil. Add remaining sugar gradually. Boil until slightly thickened, then strain through a clean cheese cloth into a sterile jar and seal with a tight-fitting lid.

**SARVISBERRY SOUP**

2 cups of dried sarvisberries  
 1 cup mixture of flour and water (equal amounts)

Fill a large pot half full of water or meat broth. Add dried sarvisberries. Boil until the berries are soft. Add the flour-water mixture and cook until slightly thickened. Sweeten to taste.

**DRIED PLUM PATTIES**

Use wild plums or sand plums. Boil and strain juice. Remove seeds and pulp into patties. Place in sun to dry. When completely dry, store and cook in the winter. To cook, bring to a boil and add sugar to taste.

## WILD GRAPE DUMPLINGS

Sift together:

2	cups flour
1/2	cup sugar
4	teaspoons baking powder
1	teaspoon salt

Cut in 4 tablespoons shortening. Mix with 3/4 cups milk to make soft dough. Drop chunk of dough about size of small egg into boiling wild grape juice; cover and simmer 15 minutes.

## CHOKECHERRY JELLY

Wrap fresh chokecherries in a thin cloth and boil in water. Add equal amounts of water and sugar to the juice. The amount of sugar depends on the desired flavor. Add a package of Sure-jel.

## INDIAN PEPPERMINT TEA

1/4	cup dried peppermint tea
8	cups water

Bring the water to a boil, then add the tea. Let simmer for about 5 minutes. Serve it either hot or cold.

## BI-CULTURAL PEPPERMINT TEA

1/4	cup dried peppermint tea
8	cups water
2	tea bags

Bring the water to a boil, then add the tea, both kinds. Let simmer for about 5 minutes; serve hot or cold.

## TRIPE

Take the tripe from the beef; clean well. Boil in large pot for 5 minutes; change the water and boil until tender. Rice and vegetables may be added to the broth and served with the tripe. To bake par-boil: cut into slices, roll in flour and bake in oven until tender in medium heat. To Fry par-boil: roll in flour and cut in medium pieces and fry in hot oil until tender.

## MANYFOLD

Clean the manyfold well. Boil for 5 minutes and change the water. Boil until tender. Rice may be added to the broth. Fry individual leaves on a griddle that has been lightly brushed with oil.

## KIDNEY

Boil the kidney; slice in strips rolled in flour and fry in hot oil.

## TONGUE

Boil tongue until tender. Remove outer skin; slice and serve with horseradish.

## LIVER

Slice in thin slices; roll in flour and fry in hot oil.

**HEART**

Fry-slice into slices; roll in flour and fry in hot oil. Bake-stuff the heart with dressing; put in pan with small amount of water. Cover and bake at 375 degrees until tender. Boil, put in a large pot or so the heart is completely covered with water and boil until tender. Slice and serve either hot or cold.

**MARROW GUTS**

Remove the thin outer skin from the marrow gut. Roll in flour and fry in hot oil. When done they should look like a doughnut.

**CROW GUT**

Clean the crow gut; turn inside out so the fat is on the inside. Stuff with strips of steak. Tie the ends and par-boil. Remove from water and cook over coals until done.

**STRAIGHT GUT**

Clean well; turn inside out and boil or bake until tender. Serve.

**SWEET BREADS**

Clean well. Slice in thin slices; roll in flour and fry in hot oil.

**BRAINS**

Remove outer skin, clean well. Par-boil; mix with scrambled eggs and fry in hot oil until eggs are done. Serve hot.

**SQUAW BREAD**

5	cups flour
2	tablespoons baking powder
1	teaspoon salt
1	tablespoon melted butter
2	cups milk
	cooking oil

Sift 4 cups flour and other dry ingredients together. Combine milk and butter. Place flour mixture in large bowl and combine with liquid ingredients. Mix in the rest of the flour. Knead dough and roll thin. Fry fast in hot oil.

**INDIAN PURIS (FRIED BREAD PUFFS)**

2	cups sifted flour
1/4	cup butter or margarine, melted
	salad oil or shortening
1	teaspoon salt

Sift flour and salt in large bowl. Add butter, mixing well with fork. Stir in about 6 tablespoons water, mixing to make a soft pliable dough on lightly floured surface. Knead dough 5 to 9 minutes or until it is shiny and satiny. Roll out dough about 1/8 inch thick. Cut into 3-inch rounds. Heat oil in skillet at least 2 inches deep to 360 degrees for 30 seconds. Turn and fry 30 seconds on the other side.

**ROCKY MOUNTAIN OYSTERS**

Remove thin outer skin; clean well. Soak in salt water for 1 hour. Roll in flour and fry in hot oil.

# **BREADS**



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## LAZY WAY DINNER BREAD

Place in this order in mixing bowl:

1 packet active dry yeast  
2-1/2 cups flour  
2 tablespoons sugar  
2 tablespoons salad oil  
1-1/4 teaspoon salt  
2 eggs  
1 cup hot milk

Beat 3 minutes. (Batter will climb beaters; just push down with rubber spatula). Turn into well-greased 9 x 5 x 3 pan. Cover; let rise in warm place 30 minutes or until light. Bake at 350 degrees for 30 to 35 minutes or until deep golden brown. Remove from pan and serve immediately. If possible, slice with electric knife. This is ready for the table in about 1 hour and 10 minutes. Makes 1 loaf.

## WHOLE WHEAT AND WHITE BREAD

5-1/2 cups white flour  
2 packages dry yeast  
2-1/4 cups warm water  
1/4 cup oil  
1/4 cup honey or molasses  
2 tablespoons sugar  
4 teaspoons salt  
2 eggs, room temperature  
1-1/2 cups whole wheat flour  
1/4 cup sunflower seeds

Measure 2-1/2 cups white flour in large bowl. Add yeast; blend. Measure water, oil, honey, sugar and salt in pan. Blend and heat until warm (120-130 degrees), stirring constantly. Pour into flour mixture and add eggs. Beat 1/2 minute at low speed, scraping bowl. Beat 3 minutes at high speed. Stop mixer. Stir in whole wheat flour and sunflower seeds. Then add white flour to form soft dough. Turn and knead. Cover; let rise till doubled, 1 hour. Punch down. Cover and wait 10 minutes. Grease pans and form loaves. Cover and let rise 1 hour. Brush

with egg white and sprinkle sesame seeds on top. Bake 35 to 45 minutes at 375 degrees.

## BREADS

### HEARTY HEALTH BREAD

3 packages dry yeast  
1/4 cup warm water  
2-1/2 cups milk (reconstituted skim)  
3/4 cup honey  
2 teaspoons salt  
1/4 cup shortening  
1/2 cup sesame seeds  
3/4 cups sunflower seeds, coarsely chopped  
1/2 cup unsalted, roasted soy beans, coarsely chopped  
3/4 cup bran  
1/2 cup wheat germ  
4 cups white flour  
2-1/2 to 3 cups whole wheat flour

Mix yeast with water to dissolve. Add milk and honey, then the grains and seeds. Finally add the flours and knead for 5 to 10 minutes until mixture is smooth. Add more whole wheat flour as needed if dough is too sticky. Shape into loaves or put in loaf pans that have been greased. Makes 2 large loaves or 1 large and 3 small ones. Set in warm place to rise and bake at 350 degrees for 25 minutes. Crust should be golden. Freezes well.

### YEAST BREAD & ROLLS

**BREADS****YEAST  
BREAD  
&  
ROLLS****HIGH PROTEIN BREAD**

2	packages active dry yeast
1	teaspoon sugar
1/2	cup warm water (105-115 degrees)
2	cups milk
1	cup creamed cottage cheese
1/4	cup butter or margarine
1	tablespoon salt
1	tablespoon honey
3	cups stoneground whole wheat flour
1/2	cup rye flour
1/4	cup wheat germ
3	cups all-purpose flour (about)

Dissolve yeast and sugar in 1/2 cup warm water; set aside. Scald milk; stir in cottage cheese, 1/4 cup butter, salt and honey. Cool to lukewarm. Stir whole wheat flour, rye flour, wheat germ and cheese-milk mixture into yeast. Beat until smooth. Mix in enough all-purpose flour to make dough easy to handle. Turn dough onto lightly floured board. Knead until smooth and elastic, about 10 minutes. Place in greased bowl; turn greased side up. Cover; let rise in warm place until double, about 1 hour. Punch down dough; divide in half. Roll each half into rectangle 18 x 9 pan. Roll up, beginning at short sides. With side of hand, press each end to seal. Fold ends under loaves. Let rise until double, about 1 hour. Heat oven to 375 degrees. Place loaves on low rack so that tops of pans are in center of oven. Pans should not touch each other or sides of oven. Bake until deep golden brown and loaves sound hollow when tapped, about 1 hour. Cover loaves with aluminum foil at least 20 minutes if loaves get too brown. Remove from pans. Brush loaves with soft butter. Cool on wire rack. Makes 2 loaves.

**BOCK BEER BREAD**

1	cup Bock Beer (or any dark beer)
1	package dry yeast
2-1/2	cups white flour
1	cup whole wheat flour
3	tablespoons brown sugar
1	teaspoon salt
1	egg, well-beaten
3	tablespoons soft margarine
1/2	cup wheat germ

Warm beer to 110 to 115 degrees and pour into large mixing bowl. Sprinkle yeast on top and let stand 3 to 5 minutes. Add half of the flour along with sugar, salt and beaten egg. Beat until smooth. Mix in butter along with remaining flour and wheat germ. Add flour a little at a time, spreading dough through fingers to blend ingredients. Add flour until dough cleans the bowl. Turn out on lightly floured board and knead 5 to 10 minutes. Cover and let rise in warm place until double. Punch down and shape in place in greased loaf pan. Cover and let rise until double. Bake 375 degrees for 30 minutes. Yields 1 loaf.

**PIZZA DOUGH**

1/4	cup warm water
1/2	teaspoon salt
2	cups flour
1	package dry yeast
1	teaspoon sugar

In bowl combine warm water, yeast and sugar. Stir until yeast is dissolved. Add salt and then flour. Knead as would bread. Dough should have same consistency as bread. Set aside, covered with moist towel, to rise about 30 minutes. Roll out dough to cover pizza pan.

## DILLY BREAD

1 package yeast  
1/4 cup warm water  
1 cup creamed cottage cheese  
1 egg, beaten  
2 tablespoons sugar  
2 tablespoons instant minced onion  
1 tablespoon butter (melted)  
3 teaspoons dill seed  
1 teaspoon salt  
1/4 teaspoon soda  
2-1/4 to  
2-1/2 cups flour

Mix by large wooden spoon and by hand to finish adding the flour. Let rise until double in bulk; punch down; put in pan size 8½ x 4½ x 2½. Let rise again; brush top with butter and sprinkle salt lightly on top of loaf. Bake at 400 degrees for 40 minutes. Yields 1 loaf.

## OAT RAISIN LOAVES

1-1/2 cups boiling water  
1 cup rolled oats, uncooked (quick or regular)  
1/2 cup light molasses  
1/3 cup shortening  
1 tablespoon salt  
2 packages dry yeast  
1/2 cup warm water  
2 eggs  
1 cup seedless raisins  
5-1/2 cups sifted flour

Combine boiling water, rolled oats, molasses, shortening and salt; stir. Cook to lukewarm. Soften yeast in warm water. Add softened yeast, eggs, and raisins to oat mixture; stir. Gradually add flour and mix until well blended. Place dough in greased bowl, cover and refrigerate for

at least 2 hours. When dough has chilled, shape into two loaves. Place in greased loaf pans, 9 x 5 x 3. Cover. Let rise in warm place until double in bulk, about 2 hours. Bake in 350 degree oven for about 1 hour.

## RAISIN BREAD

5-1/2 cups flour  
1/2 cup sugar  
1/2 teaspoon soda  
1/2 teaspoon salt  
1/2 teaspoon cinnamon  
3/4 cup butter or margarine  
1-1/2 cups water  
1 teaspoon vanilla  
2 eggs  
1 cup plumped raisins  
2 packages yeast

To plump raisins, cover with water, bring to a boil, drain and cool. Dissolve yeast in 1/2 cup of the water. Heat 1 cup of the water and the butter until warm. Add to yeast. Add 2 beaten eggs. Add half of the flour and the other dry ingredients, and the vanilla. Beat. Add remainder of flour and the raisins. Mix. Knead 10 minutes; let rise. Punch down and shape into 2 loaves. Let rise. Bake at 350 degrees 30 to 40 minutes. Ice when just warm.

## RAISIN BREAD ICING

1/2 cup powdered sugar  
2-3 teaspoons milk

Mix together and drizzle over warm loaves.

## BREADS

### YEAST BREAD & ROLLS

**BREADS****YEAST  
BREAD  
&  
ROLLS****CARROT BREAD**

4	cups flour
2	packages yeast
1	cup warm water
1/8	teaspoon powdered milk
1-1/2	teaspoons salt
1/4	cup sugar
1	egg
1/4	cup soft shortening
1	teaspoon cinnamon
1/4	teaspoon allspice
1/4	teaspoon cloves
1	cup carrots, grated
1/2	cup raisins

Soak yeast in 1/2 cup water then add 1/2 cup flour, 1/2 teaspoon salt. Let set for 15 minutes. Add water, milk, sugar, salt, egg, and shortening and beat. Mix spices with flour together and add to main ingredients along with carrots and raisins. Shape into 2 balls or loaves. Let rise until doubled. Bake at 375 degrees for 30-35 minutes.

**ZUPA**

(Zupfa, pronounced "sitfa" is a Swiss bread usually made at Christmas and braided with 4 strands.)

1	package yeast
4	tablespoons sugar
1/2	cup luke warm water
1	cup warm milk
1/2	cup butter
2	teaspoons salt
4	eggs
6	cups flour

Dissolve 1 tablespoon of the 4 tablespoons sugar and yeast in 1/2 cup warm water; let rise until it comes to the top of the cup. Let butter melt in warm milk. Mix water mixture with the milk mixture; add the rest of sugar. Add 5 cups of the flour and salt. Turn out on to a well-washed and floured counter top; knead in the last cup of flour. At this point more flour may be needed to make a stiff dough. Continue to knead until the dough

comes off the counter top clean — usually 15 minutes. Grease a large bowl and let the dough rise (covered with cloth) in a warm place until double (1-1/2 hours). Punch down, let rise again (one hour); punch down and remove to the counter top; knead a few minutes. Divide into 2 pieces. Let rise in bread pans one hour. (Cover again in a warm place.) Bake at 350 degrees (1 hour or until the top of the bread is a deep golden color). This dough also makes excellent sweet rolls or just plain dinner rolls.

**QUICK DINNER ROLLS**

2	packages dry yeast
1/3	cup sugar
1/3	cup butter, melted
1/4	cup instant dry milk
1	tablespoon salt
2	cups warm water
2	eggs
6 to	
6-1/2	cups flour

Combine first 7 ingredients and 4 cups flour in large mixing bowl. Beat at low speed 3 minutes. Stir in remaining flour to make a stiff dough. Cover; let rest in warm place for 30 minutes. Shape in dinner or sweet rolls as desired. Let rise until light, about 45 minutes. Bake at 375 degrees for 18 to 25 minutes, depending on shape of roll. For pan rolls, shape small pieces of dough into balls and place sides touching in two 9-inch square or round pans. (Makes 36 rolls.)

## APPLE ROLLS

Boil and Cook:

1-1/2 cups sugar  
2 cups water

Blend:

2 cups flour  
4 teaspoons baking powder  
1 teaspoon salt  
3 tablespoons shortening  
2 tablespoons sugar

Add 1 beaten egg to blended mixture, and 1/2 cup milk. Roll out dough. Put mixture on 6 apples, finely chopped. Add sugar and cinnamon to taste. Roll up and cut like cinnamon rolls. Space in pan and pour boiled syrup over rolls. Bake at 350 degrees until brown. Good with whipped cream.

## POTATO ROLLS

4 cups flour  
1 cup warm potato water  
1 cup fresh yeast  
1 tablespoon salt  
1 cup unsalted mashed potatoes  
1 egg  
1/3 cup shortening

Cool potato water to lukewarm, add yeast and mix until dissolved. Add salt, potatoes and egg; beat until smooth. Add shortening, then flour. Knead and let rise for 2 hours. Bake at 350 degrees for 30 minutes. Makes 2 dozen rolls.

## REFRIGERATOR POTATO ROLLS

1/2 cup unseasoned warm mashed potatoes  
1-1/2 cups warm water (105-115 degrees)

2 packages active dry yeast

1/2 cup sugar

1 tablespoon salt

2 eggs

1/2 cup butter or margarine (softened)

6-1/2 cups unsifted all-purpose flour

## BREADS

### YEAST BREAD & ROLLS

Pour warm water into large bowl (have bowl warm). Sprinkle yeast over water; add sugar and salt, stirring with wooden spoon until dissolved. Let stand a few minutes. Add eggs, soft butter, warm potatoes and 3 cups flour. With portable mixer at high speed, beat just until smooth. Add 2 cups flour, beating with wooden spoon. Add 1-1/2 cups flour, mixing with hands until all is mixed together. Leave in bowl and brush with melted butter. Cover with wax paper and dish towel. Let raise in refrigerator for 2 hours. Remove from refrigerator and punch down with fist. Cover and refrigerate. Dough can be refrigerated 1-3 days, but punch down once a day. About 2 hours before serving, remove dough from refrigerator and shape. Let raise until double in size. Bake at 400 degrees for 12 minutes. Makes 36.

## CINNAMON ROLLS

3/4 cup milk (scalded)  
1/2 cup melted butter  
1/2 cup sugar  
1 teaspoon salt  
2 packages dry yeast  
1/2 cup warm water  
4-1/2 cups flour  
2 eggs

Dissolve yeast in warm water. Add sugar, salt, eggs, milk and margarine. Add dry ingredients. Knead. Let rise 1-1/2 hours. Punch down. Roll out dough 16 x 8. Spread with 1/2 cup butter and sprinkle with 1 tablespoon cinnamon plus 1 cup sugar. Sprinkle with 1/3 cup raisins. Roll up as a jelly roll. Cut in 1-inch slices. Place in two 9 x 9 x 2-inch greased pans. Let rise 30 minutes. Bake at 375 degrees 20 minutes. Frost. Makes 32 rolls. Rolls may be frozen.

**BREADS****YEAST  
BREAD  
&  
ROLLS****CINNAMON TWISTS**

1	cup sour cream
3	tablespoons sugar
1/8	teaspoon soda
1	teaspoon salt
1	egg
2	tablespoons melted margarine
3	cups flour
1/4	cup warm water
1	package dry yeast

Sprinkle yeast on water to dissolve. Mix all ingredients together. Roll out dough, 24 x 6. Spread with 2 tablespoons soft margarine or butter. Sprinkle with 1/3 cup brown sugar and 1 teaspoon cinnamon. Fold dough over lengthwise. Cut in 1-inch strips. Twist and place on greased sheets. Let rise 1 hour. Bake at 375 degrees for 12 minutes. Frost. Makes 24.

**PUMPKIN BREAD**

3	eggs
1	pound-can pumpkin
3/4	cup oil
1/2	cup water
2-1/2	cups flour
2-1/4	cups sugar
1-1/2	teaspoon soda
1-1/4	teaspoon salt
3/4	teaspoon nutmeg
3/4	teaspoon cinnamon
1/2	cup golden raisins
1/2	cup chopped nuts

Combine eggs, pumpkin, oil and water. Add sugar. Add dry ingredients. Fold in raisins and nuts. Bake in two 9 x 5 x 4 greased loaf pans at 350 degrees for 1-1/2 hours or until done. (Cake tester comes out clean.) Makes 2 loaves.

**CRANBERRY NUT BREAD**

2	cups flour
1	cup sugar
1-1/2	teaspoons baking powder
1/2	teaspoon salt
1/4	cup shortening
1	teaspoon grated orange peel
3/4	cup orange juice
1	egg
1	cup fresh cranberries (cut in quarters or coarsely chopped)
1/2	cup nuts

Sift dry ingredients. Cut in shortening. Combine peel, juice and egg well beaten. Add to dry ingredients, mixing just to moisten. Fold in berries in nuts. Turn into loaf pan. Bake at 350 degrees for 60 to 75 minutes. Cool, wrap and store overnight before cutting.

**HONEY WALNUT BREAD**

1	cup milk
1	cup honey
1/4	cup soft butter
2	eggs, beaten
2-1/2	cups whole wheat flour (or half white, half wheat)
1	teaspoon salt
1	tablespoon baking powder
1/2	cup walnuts

Combine milk and honey. Stir over heat until blended. Beat in butter, eggs, flour, salt and baking powder until well-blended. Fold in nuts. Place in greased loaf pan. Bake 1 hour at 325 degrees; cool 15 minutes in pan. Cool before slicing.

## PUMPKIN BREAD

1-1/2	cups sugar
1/2	cup cooking oil
2	eggs
1	cup pumpkin (cooked)
1-3/4	cups flour
1/4	teaspoon baking powder
1	teaspoon soda
1/2	teaspoon cloves
1/2	teaspoon cinnamon
1/2	teaspoon allspice
1/3	cup water
1/2	cup raisins
1/2	cup nuts

Add sugar to oil and beat. Add eggs and pumpkin. Sift dry ingredients and add along with rest of ingredients. Mix well. Pour into greased and floured loaf pan. Bake at 350 degrees for 1 hour. Double recipe makes 3 loaves.

## BANANA NUT BREAD

1/2	cup shortening
1	teaspoon lemon juice
1	cup sugar
2	eggs, beaten
2	bananas, mashed
2	cups flour
1-1/2	teaspoons baking powder
1/2	teaspoon soda
1/4	teaspoon salt
1-1/2	teaspoons sour milk
1	cup nuts, chopped

Bake in loaf pan 1 hour at 350 degrees.

## MAZOLA OIL BANANA BREAD

1	cup sifted unbleached flour
1/2	cup wheat germ
2	teaspoons baking powder
1/4	teaspoon baking soda
1/2	teaspoon salt
3	fully ripe mashed bananas
1/3	cup Mazola corn oil
2/3	cup sugar
2	eggs

Mix oil, eggs, sugar and mashed bananas together; add rest of ingredients. Put in greased loaf pan. Bake 1 hour, 10 minutes, at 350 degrees. Test with toothpick for doneness the last 15 minutes.

Optional: Add 1/2 cup chopped nuts.

## BREADS

### YEAST BREAD & ROLLS

## APPLE NUT BREAD

1/4	cup shortening
2/3	cup sugar
2	eggs, well-beaten
2	cups sifted flour
1	teaspoon baking powder
1	teaspoon soda
1	teaspoon salt
2	cups coarsely grated, pared raw apples
1/2	cup chopped nuts

Cream shortening and sugar until fluffy. Add eggs, beating until smooth. Sift dry ingredients; add to creamed mixture alternately with apples. Stir in nuts. Spoon into greased and floured 8 x 4 loaf pan. Bake at 325 degrees about 1 hour until bread tests done. Remove from pan; cool thoroughly before slicing.

For Apple Spice Bread: add 1 teaspoon cinnamon, 1/4 teaspoon cloves and 1/2 teaspoon nutmeg. Mix with dry ingredients.

**BREADS****YEAST  
BREAD  
&  
ROLLS****HOBO BREAD**

3-3/4 cups raisins  
1-1/2 cups boiling water

Pour boiling water over raisins and let stand until cool.

Stir in 4 teaspoons soda and add:

1 teaspoon salt  
1 teaspoon vanilla  
4 cups flour  
2 large eggs  
4 tablespoons butter  
1-1/2 cups white sugar  
1/2 cup brown sugar

Mix and bake in greased soup cans filled half full. This is enough for 9 cans. Bake 45-60 minutes at 350 degrees. Cool and remove.

**ZUCCHINI BREAD**

3 eggs, beaten  
1 cup oil  
1 cup granulated sugar  
1 cup brown sugar  
2 cups grated raw zucchini (unpeeled)  
2 cups flour  
1/2 teaspoon baking powder  
2 teaspoons baking soda  
1 teaspoon salt  
3 teaspoons cinnamon  
3 teaspoons vanilla  
1 cup nuts  
1 cup raisins

Blend oil and sugars; add eggs and zucchini. Add dry ingredients, vanilla and nuts. Pour into 2 greased and floured loaf pans or a tube pan and bake 350 degrees for 1 hour or until done.

**WHEAT GERM ZUCCHINI BREAD**

3 eggs  
3/4 cup salad oil  
3/4 cup brown sugar  
2/3 cup sugar  
3 teaspoons maple flavoring  
2 cups shredded zucchini  
2-1/2 cups unsifted flour  
1/2 cup wheat germ  
2 teaspoons soda  
2 teaspoons salt  
1/2 teaspoon baking powder  
3/4 cup nuts  
1/3 cup sesame seeds

Beat eggs. Add oil, sugar, maple flavoring. Beat until thick and foamy. Stir in zucchini. Combine flour, wheat germ, soda, salt, baking powder, nuts. Stir into zucchini mixture until well-blended. Pour into 2 greased and floured bread pans. Sprinkle sesame seeds on top. Bake 350 degrees for 1 hour. Cool 10 minutes, then turn on wire racks.

**PINEAPPLE ZUCCHINI LOAF**

3 eggs  
2 cups sugar  
2 tablespoons vanilla  
1 cup salad oil  
2 cups zucchini, peeled, grated and drained  
3 cups flour  
1 teaspoon baking powder  
1 teaspoon soda  
1 teaspoon salt  
1 cup crushed pineapple, drained  
1/2 cup raisins, optional  
1 cup chopped pecans

Beat eggs until fluffy; add sugar, vanilla and oil. Blend well. Add zucchini, then the flour mixture which has been sifted together. Stir in pineapple, raisins and pecans and mix well. Bake in 2 greased and floured loaf pans for 1 hour at 350 degrees.

## SPICY OR CHOCOLATE ZUCCHINI BREAD

3	eggs
1	cup oil
2	cups sugar (scant)
1	teaspoon vanilla
2	cups ground zucchini
3	cups flour
1	teaspoon salt
1	teaspoon soda
1/4	teaspoon baking powder
1/2	cup nuts
1	teaspoon cinnamon or
1	square chocolate, melted

Mix together eggs, oil, sugar, vanilla and zucchini. Sift together flour, salt, baking powder. Add to wet mixture. Add nuts and cinnamon or use 1 square chocolate, melted. Put in two 9-inch bread pans lined with wax paper and bake for 1 hour at 350 degrees.

## HOLIDAY FRUIT BREAD

1	pound raisins
2	cups boiling water
2	teaspoons soda
4	tablespoons butter

Mix and let set overnight. Next morning add:

2	cups sugar
2	eggs

Beat well. Add:

4	cups flour
1	teaspoon salt
4	teaspoons cinnamon

Beat thoroughly. Blend in 1-1/2 cups walnuts. Grease well five 2-pound cans or 3 small loaf pans. Bake 1 hour at 350 degrees. May be wrapped and frozen for later use.

## SKILLET CORN BREAD

3	slices bacon
1	cup sifted all-purpose flour
1-1/2	teaspoons salt
3	teaspoons baking powder
1	tablespoon sugar
	dash pepper
1	cup yellow corn meal
1	teaspoon instant minced onion
2	eggs, beaten
1	cup buttermilk

Preheat oven to 425 degrees. In heavy 10-inch skillet with heat resistant handle, saute bacon until crisp. Drain, reserving drippings. Crumble bacon. Sift flour with salt, baking powder, sugar and pepper into medium bowl. Stir in corn meal, onion, and bacon, mixing well. Add eggs and buttermilk; stir just to moisten all ingredients. Turn into reserved drippings in skillet. Bake about 12 minutes or cook over very low heat, 30 minutes or until cake tester comes out clean. Place under broiler 4 minutes. Makes 4-6 servings.

## BREADS

### YEAST BREAD & ROLLS

**BREADS****YEAST  
BREAD  
&  
ROLLS****QUICK HONEY-COCONUT BUNS**

3	cups sifted flour
3-3/4	teaspoon baking powder
1	teaspoon salt
1/3	cup granulated sugar
1/2	cup shortening
1	cup milk
1	egg, beaten
1/3	cup firmly packed brown sugar
1-1/2	teaspoons cinnamon
1/2	teaspoon salt
3/4	teaspoon orange rind
2-1/2	tablespoons butter
1/3	cup honey
3/4	cup flaked coconut

Sift flour once, measure; add baking powder, salt and sugar and sift again. Cut in shortening. Combine milk and egg and add to flour mixture. Stir with fork until soft dough is formed. Turn out on lightly floured board and knead 30 seconds. Roll into a 15 x 10 rectangle, 1/4-inch thick. Mix together brown sugar, cinnamon, salt, orange rind, butter and honey. Spread half of the mixture on dough and sprinkle with half of the coconut. Roll as for jelly roll and cut in 1-inch slices. Arrange cut side down in lightly-greased muffin tins. Spread top with remaining brown sugar mixture and sprinkle with remaining coconut. Bake in 425 degree oven for 20 minutes. Makes 15 rolls.

**SOURDOUGH STARTER**

(This came from Alaska in the 1900's)

Wash, peel and cube 4 potatoes. Boil in unsalted water, about 5 pints (with a lid on). When the potatoes are well done, remove them and let the water cool. Add to potato water 1 tablespoon salt. Stir in enough flour to make a thin batter. Pour this into a crock; cover it with a cheese cloth. Put in a warm place 2-3 days until it has fermented. Now transfer it to a glass jar. Can be kept in the refrigerator indefinitely.

**SOURDOUGH HOTCAKES**

The night before you want to make the hotcakes, place 2 cups of starter in a bowl. (Shake the starter up). Add 1 cup flour and enough water to make a medium-thick batter. Cover and let set over night in a warm place. In the morning, add 2 well-beaten eggs, 1 tablespoon sugar, 2 tablespoons oil, 1 tablespoon baking soda. Let work for 5 minutes. Cook on a well-greased griddle.

**SOURDOUGH BREAD**

1	cup starter
2	cups lukewarm water
2-3	cups flour
1/4	cup sugar
1/4	cup salad oil
2	teaspoons salt

Mix these ingredients in a bowl. Cover with a cloth and let set overnight in a warm place. In the morning add 1 package yeast, dissolved in 2 tablespoons warm water. Add enough flour to make a stiff dough; turn the dough onto a well-floured board and knead for 15 minutes. Return it to an oiled bowl, cover with a cloth and let rise until double, 3 hours. Turn out onto floured board; knead a few minutes and shape into 2 loaves. Let rise (covered with a cloth) until double, about 2 hours. Bake at 375 degrees for 40 minutes.

**RYE BREAD**

1/4	cup brown sugar
1/4	cup molasses
1	tablespoon salt
2	tablespoons margarine
1	cup boiling water
1	package dry yeast
1/4	cup warm water
3	cups rye flour
3 to	
3-1/2	cups flour
3	tablespoons caraway seeds
1/2	cup sourdough mash
1	teaspoon grated orange peel

Sprinkle yeast on 1/4 cup water. Stir to dissolve. Pour boiling water over margarine, brown sugar, molasses and salt. Mix to dissolve. Cool. Add rye flour and yeast mixture and sourdough. Add caraway and orange peel. Add flour. Knead. Let rise two hours. Punch down. Let rise 10 minutes. Shape into 2 loaves. Let rise on greased sheet for 1-1/2 hours. Bake at 375 degrees for 25 to 30 minutes. (For hard crust, brush with egg wash as in roll recipe.)

## BREADS

### SOUR-DOUGH

#### CRUSTY BROWN SOURDOUGH ROLLS

2 packages dry yeast  
1 cup warm water  
4 teaspoons sugar  
2 teaspoons salt  
2 tablespoons melted margarine  
6-1/2 to 7 cups flour  
3 egg whites, beaten stiff  
3/4 cup sourdough mash

egg wash: 1 egg white and 1 tablespoon water.

Sprinkle yeast on water; stir to dissolve. Add sourdough mix, margarine and dry ingredients. Add egg whites. Knead 5 minutes. Let rise 1 hour. Punch down. Let rise 1/2 hour. Shape into rolls. Put on greased sheet. Brush with egg wash. Let rise 20 minutes. Bake 10 minutes at 400 degrees. Brush with egg wash. Bake 10 minutes more. Best to bake over boiling water (in pan on lower shelf) for crispy crust. Makes 3 dozen. Rolls may be frozen.

#### SOURDOUGH CINNAMON ROLLS

1/2 cup milk  
1/8 cup honey  
2 teaspoons butter  
2-1/2 cups unbleached flour  
1 teaspoon baking soda  
1/2 teaspoon salt  
1 cup starter  
1/2 cup raisins  
1 cup raw brown sugar  
2 tablespoons cinnamon  
1/8 cup cream  
2 tablespoons melted butter

Scald 1/2 cup milk; stir in 1/8 cup honey with 2 teaspoons butter and cool to lukewarm. Sift 1 cup flour with 1 teaspoon baking soda and 1/2 teaspoon salt. Add to milk, beating with a wooden spoon until smooth.

Beat in one cup starter and 1-1/2 cups flour to make an easy-to-handle dough. Knead on lightly floured board until smooth. Put in oiled bowl and turn to coat top of dough. Cover with a towel and let rise until double. Punch down and roll into 1/4-inch thick rectangle. Brush melted butter on dough. Combine 1/2 cup brown sugar and 2 tablespoons cinnamon and sprinkle on dough. Roll up and cut into 1-inch pieces. In bottom of pan, place 1/2 cup brown sugar and 1/8 cup cream. Place cinnamon rolls on top of cream and brown sugar. Let rise until double and bake at 375 degrees for 15 to 20 minutes.

#### SOURDOUGH CINNAMON ROLLS

1 cup starter  
1/2 cup dry skim milk  
3 tablespoons sugar  
2 teaspoons salt  
2 tablespoons shortening  
1/2 cup milk  
2-1/2 cups flour  
1-1/2 teaspoons soda

Combine and mix the ingredients adding gradually enough flour to make the dough into a consistency that you can handle. Divide the dough in half and roll out on a floured board until it is 1/4 inch thick. Speckle with butter and sprinkle with 1/2 cup brown sugar mixed with 1 teaspoon cinnamon. Roll dough into foot-long cylinders and cut off 1-inch slices.

Place in a pan containing:

2 teaspoons melted butter  
1 tablespoon liquid coffee  
1/2 teaspoon cinnamon  
dash salt

Do the same with the remaining half of the dough. Allow to rise in the pans for 1 hour or until they have doubled in size. Bake at 325 degrees for 25 to 30 minutes. Serve upside down.

## SOURDOUGH MUFFINS

1	cup starter
1-1/2	cups flour
1/2	cup rye flour
1/2	cup brown flour
1/2	cup buttermilk
2	tablespoons honey
1	teaspoon salt
1	teaspoon soda
1/2	cup salad oil
2	eggs (slightly beaten)
2	teaspoons grated orange peel

Mix together in a bowl: flours, sugar, soda and salt. Shape a well in the center. Blend eggs, milk and oil together; stir in orange peel and starter. Pour this mixture into the flour well. Stir just enough to moisten ingredients. The batter may still look lumpy, but that's all right. Fill greased muffin tins and bake at 375 degrees for 30 to 35 minutes. Makes 15 muffins.

## SOURDOUGH CORNBREAD

1	cup starter
1	cup corn meal
1/2	cup flour
4	tablespoons sugar
1/2	cup buttermilk
2	eggs (beaten)
1-1/2	teaspoons salt
1/4	cup bacon drippings
3	thick slices bacon (fried crisp)
2	teaspoons soda
2	tablespoons minced onions

Combine and mix the liquid ingredients. Beat into this the dry ingredients for about 1/2 minute. Fold in the onions and crumbled bacon. Pour into a medium-sized baking pan. Bake at 350 degrees for 35 to 40 minutes or until done.

## SOURDOUGH CHOCOLATE CAKE

1	cup thick sourdough starter
1	cup sugar
1/2	cup shortening
2	eggs
1	cup evaporated milk
1	teaspoon vanilla
1	teaspoon cinnamon
3	(1-ounce) squares semi-sweet chocolate
1/2	teaspoon salt
1-1/2	teaspoons soda
2	cups flour

Cream sugar and shortening until light and fluffy. Beat in eggs one at a time. Stir in sourdough starter, milk, vanilla, cinnamon and melted chocolate. Beat with rotary beater 2 minutes. Blend salt and soda together until smooth. Sprinkle over batter and gently fold in. Fold in flour until batter is smooth. Pour into greased and floured cake pans. Bake at 350 degrees for 25-30 minutes. Cool and frost with Chocolate Sour Cream Frosting.

## CHOCOLATE SOUR CREAM FROSTING

1	6-ounce package semi-sweet chocolate pieces
1/4	cup butter
1/2	cup sour cream
1	teaspoon vanilla
1/4	teaspoon salt
2-1/2	to
2-3/4	cups powdered sugar

Melt chocolate and butter. Blend in all other gradually with the powdered sugar until spreadable.

## BREADS

### SOUR-DOUGH

## BREADS

### SOUR-DOUGH

#### WILD YEAST STARTER

Place 1 cup milk in a glass jar or crock and allow to stand at room temperature for 24 hours. Stir in 1 cup flour. (To speed process, cover jar with cheesecloth and place outside for several hours to expose the dough to the wild yeast cells floating in wind.)

Leave uncovered in a warm place for 2 to 5 days, depending upon how long it takes to bubble and sour. If it starts to dry out, stir in enough tepid water to bring it back to original consistency. Once it has a good sour aroma, and is full of bubbles, it is ready to use. Each time you use part of the starter, replenish it with a mixture of equal parts of flour and milk.

#### PANCAKES

1/2	cup starter
1	cup warm water
1-3/4	
to 2	cups unsifted flour
2	tablespoons sugar
1	teaspoon soda
1	cup undiluted evaporated milk
2	eggs
1/2	teaspoon salt

Combine starter, evaporated milk, water and pour in a large bowl. Mix to blend and leave at room temperature overnight. The next morning, add eggs, sugar, salt, and soda and mix well. The soda measurement should be increased as the starter gets more sour. Cook on greased griddle over moderate heat. Makes 1 dozen, 6-inch pancakes.

#### BISCUITS

1/2	cup starter
2-1/2	cup unsifted flour
1	tablespoon sugar
1/2	teaspoon soda
1	cup milk
1	teaspoon salt
1	teaspoon baking powder

Mix starter, milk, and 1 cup of flour in large bowl the night before serving biscuits for breakfast. Cover bowl and keep at room temperature to let rise. Turn this very soft dough onto 1 cup flour on bread board. Combine salt, sugar, baking powder and soda with remaining flour and sift over top.

With hands, mix dry ingredients into a soft dough, kneading lightly to get correct consistency. Roll out to 1/2 inch thickness on greased cookie sheet and set in warm place to rise for 1/2 hour. Bake at 400 degrees for 15 to 20 minutes. This makes 14 to 20 biscuits.

## FRENCH BREAD

1-1/2	cups warm water
1	cup starter
4	cups unsifted flour
2	teaspoons salt
2	cups unsifted flour
1	package active dry yeast
2	teaspoons sugar
1/2	teaspoon soda

Pour warm water into large mixing bowl and stir in yeast. Add starter, 4 cups flour, salt, soda and sugar. Stir vigorously about 3 minutes with a wooden spoon. Turn into a large greased bowl, cover with a towel and let rise in a warm place until doubled in bulk. Turn dough onto floured board and begin kneading. Add remaining 2 cups flour to control consistency. Knead until satiny. Shape into two oblong loaves or one large round loaf. Place on lightly greased cookie sheet, slash, cover and place in a warm place. Let rise until nearly double in size. Just before baking, brush outside of loaves with cold water. Bake at 400 degrees until crust is medium dark brown, 45 to 50 minutes.

## CORNBREAD

1	cup starter
1-1/2	cups evaporated milk
2	eggs, beaten
1/2	teaspoon salt
1	teaspoon soda
1-1/2	cups yellow corn meal
2	tablespoons sugar
1/4	cup melted butter

Thoroughly mix the starter, corn meal, evaporated milk, eggs and sugar in a bowl. Stir in the melted butter, salt and soda. Turn into a 9-inch square pan and bake in a hot oven at 450 degrees for 25 to 30 minutes.

## COOKIES

1/2	cup starter
1	cup undiluted evaporated milk
1-1/4	cups dark brown sugar
1/2	teaspoon salt
3	cups cornflakes
3/4	cup shredded coconut
2	cups flour
1	cup butter or margarine
1	egg, well beaten
1/2	teaspoon soda
3/4	cup chopped walnuts

## BREADS

### SOUR-DOUGH

Stir starter, milk and 1 cup flour together in a large bowl. Set aside for 2 hours. Meanwhile, cream butter with sugar. Blend in egg and a mixture of 1/2 cup flour, salt and soda. Stir in cornflakes, walnuts and coconut, then blend both mixtures together. Drop batter onto greased cookie sheet and bake at 375 degrees for 15 minutes.

## APPLE SPICE MUFFINS

3/4 cup milk  
1 egg, beaten  
1/4 cup melted shortening or oil  
2 cups flour  
1/2 cup sugar  
1 tablespoon baking powder  
1/2 teaspoon salt  
1 teaspoon cinnamon  
1 cup finely-chopped apples  
1/4 cup raisins, optional

Add milk to egg, stir in shortening. Mix and sift dry ingredients together; stir in apples and raisins. Add liquid mixture and stir just until most of the dry ingredients are moistened. Do not overmix; batter should be lumpy. Fill greased muffin tins two-thirds full. Bake at 400 degrees 20 to 25 minutes or until golden brown.

## CORN MUFFINS

1-1/4 cup corn meal (1/3 brown rice and 2/3 corn ground)  
3/4 cup wholewheat flour  
1/2 cup cream  
1/2 cup buttermilk or sour milk (or sour cream with milk)  
1/4 teaspoon soda  
1 teaspoon baking powder  
1/4 teaspoon salt  
3 tablespoons sugar (white or raw)

Soak corn meal 1 hour in buttermilk. Mix dry ingredients with flour. Add and mix. Bake 1/2 hour at 350 degrees. The last 10 minutes, bake at 375 degrees.

Additions: raisins, chopped dates, juice flavorings (instead of milk)

## APRICOT WALNUT MUFFINS

1-1/2 cups sifted flour  
2 teaspoons baking powder  
1/2 teaspoon salt  
1/2 teaspoon cinnamon  
1/2 cup sugar  
1 cup milk  
1/2 cup finely-chopped dried apricots  
1/2 cup finely-chopped walnuts  
1 egg slightly beaten  
1/4 cup oil

Mix dry ingredients together, including apricots and nuts. Combine remaining ingredients and add to dry mixture. Stir just until ingredients are mixed. Spoon into 12 greased 2-3/4-inch muffin cups or 42 greased 1-1/2-inch muffin cups. Fill cups two-thirds full. Bake at 425 degrees about 25 minutes for larger muffins, 12-15 minutes for smaller muffins.

## BRAN REFRIGERATOR MUFFINS

(Makes 1 gallon batter)

2 cups boiling water  
4 cups all-bran cereal  
1 cup shortening  
1-1/2 cups sugar  
4 eggs  
5 teaspoons soda  
1 quart buttermilk  
5 cups flour  
2 cups all-bran cereal (additional)

Pour water over the all-bran; stir and let cool. Add all remaining ingredients to the cooled bran mixture. Stir only to mix. Batter can then be stored in a gallon covered container and kept in the refrigerator for up to 2 months. Raisins, dates, nuts may be added as the batter is used. Do not freeze. 1 quart batter makes 12 muffins. Bake in 400 degree oven for about 20-25 minutes. Yummy make-ahead muffins!!

## BREADS

MUFFINS,  
BISCUITS,  
PANCAKES,  
DONUTS

## BREADS

### MUFFINS, BISCUITS, PANCAKES, DONUTS

#### FLAKED WHEAT MUFFINS

1 cup wheat flakes  
1 egg  
1/2 cup melted shortening  
1 tablespoon baking powder  
1/2 teaspoon soda  
1 cup sour milk  
1/2 cup brown sugar  
1 cup sifted flour (all-purpose)  
1/2 teaspoon salt

Soak wheat flakes in sour milk 20 minutes, then add egg and beat well (less soaking makes a "chewier" product). Add sugar and mix well. Add cooled shortening, then sifted dry ingredients. Fill greased muffin pans 3/4 full and bake at 400 degrees for 15 to 20 minutes or until golden brown. Makes 1 dozen muffins.

#### AVERY'S GRAHAM GEMS

1/2 cup melted shortening  
1/2 cup sugar  
2 eggs  
1/2 cup sour milk  
1 teaspoon soda  
little salt  
2 cups graham flour  
1/2 cup white flour  
1 teaspoon baking powder

Mix all ingredients until blended. Bake in muffin tins at 400 degrees for 15 minutes.

#### NANCY'S BLUEBERRY MUFFINS

1/2 cup melted margarine  
2 eggs  
3/4 cup sugar

2-1/3 cups flour  
2-1/2 teaspoons baking powder  
1/2 teaspoon salt  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg  
3/4 cup milk  
1-1/2 cups blueberries (fresh or frozen)

Cream margarine with sugar and eggs. Add wet and dry ingredients. Fold in blueberries. Bake in greased muffin tins at 350 degrees for 20-25 minutes. (When warm, may be brushed with melted butter and sprinkled with cinnamon sugar). Makes 18.

#### NANCY'S ICE BOX MUFFINS

1-1/2 cups sugar  
1/2 cup salad oil  
2 eggs  
2 cups buttermilk  
2-1/2 cups flour  
2-1/2 teaspoons soda  
1/2 teaspoon salt  
2 cups all-bran  
1 cup 100% bran  
1 cup boiling water  
1 cup raisins

Pour boiling water over all-bran and 100% bran. Set aside.

Cream sugar and oil. Add eggs. Add wet and dry ingredients. Add all-bran and 100% bran in water, then raisins. Bake at 400 degrees 20 minutes in greased muffin tin. Batter keeps 2 weeks in refrigerator - use as desired.

## OATMEAL BISCUITS

1-1/2	cups flour
1	tablespoon sugar
4	teaspoons baking powder
1-1/2	teaspoons salt
1-1/2	cups uncooked rolled oats
4	tablespoons shortening
3/4	cup milk

Mix and sift flour, sugar, baking powder, and salt. Stir in the rolled oats; cut in the shortening with a knife or the fingers. Add milk gradually and mix to a soft dough. Turn out on a floured board and roll or pat out to a thickness of 3/4 inch. Cut with floured cookie cutter. Brush the tops with milk and bake in a 450 degree oven 15 to 20 minutes. Makes 14 to 16 biscuits.

## BAKING POWDER BISCUITS

2	cups all-purpose flour
4	teaspoons baking powder
1/4	cup margarine or butter
1/2	teaspoon salt
3/4	cup milk

Sift dry ingredients into large bowl of electric mixer. Add 2 tablespoons of the margarine and blend until crumbly, like coarse meal. Add remaining margarine and mix until just blended. Stir in the milk with a large mixing spoon until just moistened. (Do not over mix.) Knead lightly in bowl until dough takes shape. Sprinkle 2 teaspoonsful of flour on bread board. Pat dough gently to one-half inch thickness. Cut dough into rounds with floured cookie cutter; or cut into squares with sharp knife. Bake on ungreased cookie sheet for approximately 15 minutes in 425 degree oven. For soft biscuits without crusty sides, place rounds of dough on cookie sheet so they touch each other.

## COTTAGE CHEESE PANCAKES

4	eggs
1	cup cottage cheese
1/4	cup flour
1	teaspoon sugar
1/4	teaspoon salt
1/2	teaspoon nutmeg (optional)

Put all ingredients into the blender, putting the liquid ingredients first. Turn the blender to high speed until the batter is smooth. Pour onto a hot griddle (450). Serve with butter and syrup. These are crepe-like and low in sugar.

## SUPER PANCAKES

2	cups flour
1/2	teaspoon salt
1-1/2	cups sweet milk
2	eggs
2	teaspoons baking powder
2	tablespoons shortening
2	tablespoons sugar

Beat yolks and white separate. Sift flour, sugar and baking powder together in a bowl; beat egg yolks and milk. Add to dry ingredients. Add melted shortening; fold in beaten egg whites. Cook until light brown. Serve with butter, syrup or crushed strawberries. Roll pancakes up and put whipped cream on top.

## BREADS

MUFFINS,  
BISCUITS,  
PANCAKES  
DONUTS

## LEFSE

4	cups mashed potatoes
1	teaspoon salt
1/4	pound margarine
1	cup flour

Mash potatoes and beat until fine. Add margarine and salt while warm. Cool thoroughly. Mix in flour. Place small portion of dough on canvas pastry cloth and roll very thin with lefse rolling pin. Bake on both sides to a light brown on a lefse grill at a temperature of about 400 degrees. Use lefse stick to place dough on grill and to aid in turning. Lay on cloth to cool. Cover with cloth after each piece is piled on top of other.

## SPUDNUTS

1	package of dry yeast
1/2	cup warm water (105-115 degrees)
1/2	cup flour

Set aside while preparing mix.

1-3/4	cups milk
1/2	cup shortening or oil
1	cup sugar
1/2	cup mashed potatoes
6-1/2	to 7 cups sifted flour
2	teaspoons salt
1	heaping teaspoon baking powder
1	teaspoon vanilla
1/4	teaspoon nutmeg

Scald milk and mix shortening and potatoes into it. Add yeast mixture and all other ingredients. Knead well and let raise twice, then roll out and raise again. Fry in shortening until brown; sugar if desired.

## APPLESAUCE DOUGHNUTS

1-1/2	cups brown sugar
2	tablespoons shortening
2	eggs
1/2	teaspoon salt
3	cups flour
1	cup applesauce
1	teaspoon baking soda
4	teaspoons baking powder
1/2	teaspoon cinnamon
1/2	teaspoon nutmeg

Cream sugar and shortening. Add eggs. Add applesauce to which have been added salt, baking soda, and spices. Sift flour, measure, and sift with baking powder. Add to first mixture. Mix thoroughly. Roll in sheet one-third inch thick. Cut with floured cutter. Fry in deep fat (365 degrees) until brown. Drain on absorbant paper. Roll in sugar.

## NEVER-FAIL DOUGHNUTS

3	eggs, slightly beaten
1	cup sugar
1/4	cup melted butter or margarine
1	cup sour milk
2	teaspoons soda
2	teaspoons cream of tartar
1	teaspoon nutmeg
1	teaspoon cinnamon
	pinch of ginger
	pinch of salt
3-1/2	cups flour

Mix in order given. No need to roll out, just drop off a soup spoon, being careful not to use too much. Fry in 370 degree oil.

## WHOLE-WHEAT BREAD

1-3/4	cups milk
2	teaspoons salt
1/3	cup olive oil
1/2	cup water
1/3	cup honey
2	eggs
2	cakes of yeast
6	cups whole-wheat flour

Scald milk and cool slightly. Add salt, oil, honey, water, eggs and dry yeast. Mix well. Sift flour and add to mixture. Add enough flour to make the dough the consistency of cake. Let it stand for 15 minutes. Sift and add more flour until it is too thick to stir with a spoon. Work the dough with your hands, adding more flour until the dough is not sticky. Put dough into an oiled bowl and let it rise until it is double in size (about 45 minutes). Divide the dough into 2 pieces and shape into loaves. Place in buttered loaf pans. Cover and let rise until double. Bake for 1 hour at 350 degrees.

## HONEY WHEAT BREAD

(Makes 6 to 8 loaves)

9	cups milk
2	tablespoons salt
1/2	cup molasses
1/2	cup honey
1/2	cup sunflower seeds
1/2	cup sesame seeds
3/4	cup Crisco
3	packages yeast
1	tablespoon honey
22-24	cups whole-wheat flour

Heat 9 cups milk to scalding. Add 2 tablespoons salt, 1/2 cup molasses and 1/2 cup honey. Melt shortening. Add 12 tablespoons Crisco to milk mixture. Dissolve yeast in 1 cup water. (Add 1 tablespoon of honey to yeast and water to make the yeast work faster.) Add sunflower seeds and sesame seeds to milk mixture and pour it into a large bowl. Add 8 cups of whole-wheat flour and mix.

Add 8 more cups whole-wheat flour and mix. Gradually add 6 to 8 cups more flour. Add only enough flour so the dough comes away from the bowl. Knead 8 to 10 minutes. Place in an oiled bowl, cover and let rise until double. Punch down to make 6 to 8 loaves of bread. Place bread in oiled bread pans and bake for 1 hour at 350 degrees.

## HOBO BREAD

2	cups whole-wheat flour, add 3 tablespoons white flour
2	cups buttermilk
1-1/2	cups brown sugar
2	teaspoons soda
1	teaspoon salt

Mix flour, sugar, salt, soda in bowl: add buttermilk. Mix quickly. Pour into previously cleaned and well-oiled cans (just any anodized [inside] can) to half full. Make loose cap of foil and bake at 325 degrees about 30 minutes or until springs back at a finger touch.

## WHOLE-WHEAT MUFFINS

2	cups whole-wheat flour
2	teaspoons baking powder
1/2	teaspoon salt
1	egg, beaten
1/4	cup oil
1/4 to	
1/2	cup honey or molasses
1-1/2	cups milk

Combine dry ingredients. Combine wet ingredients. Fold quickly wet and dry together, just until flour is moistened. Spoon into greased muffin tin. Bake at 400 degrees for about 20 minutes. Makes one dozen muffins.

## BREADS

### WHOLE-WHEAT

#### WHOLE-WHEAT DROP MUFFINS

1 cup sifted flour  
1/4 cup sugar  
2-1/2 teaspoons baking powder  
1/2 teaspoon salt  
1/2 cup seedless raisins  
1 egg, beaten  
1/2 cup milk  
1/4 cup melted shortening or cooking oil  
1-1/2 cups whole-wheat flakes (ready-to-eat cereal)

Sift together flour, sugar, baking powder and salt into mixing bowl. Stir in raisins. Combine egg, milk and melted shortening; add to dry ingredients. Stir just until dry ingredients are moistened. Fold in cereal flakes. Spoon heaping teaspoons of mixture onto well-greased baking sheets, making 16 mounds about 3 inches apart. Bake in 375 degrees until lightly browned, about 12 minutes.

#### WHOLE-WHEAT POTATO ROLLS from the North Fork

2 medium-sized potatoes (enough to make 1 cup cooked)  
2 yeast cakes  
2-4 tablespoons honey  
1 cup milk  
1/4 to  
1/2 cup oil  
1-2 teaspoons sea salt  
2 eggs, beaten  
2 cups unbleached white flour  
1/4 cup wheat germ  
3 cups whole-wheat flour (approximately)

Peel and cook potatoes. Put them through a ricer or mash well. Should have about 1 cup. Dissolve yeast in 1/2 cup

lukewarm water. Add honey. Scald milk and cool to lukewarm. Add yeast mixture to milk. Add oil, salt and eggs. Stir well and add flour and wheat germ. Beat well for 5 minutes. Gradually add the whole-wheat flour. Add only what can be stirred in with a spoon. It may be more or less than the 3 cups, depending on the flour. Batter will be sticky but manageable. Let rise in warm place for 2 hours. Put spoonfuls of batter on cookie sheet and let rise 15 minutes. Bake in 425 oven until brown, 15-20 minutes. Remove from pan at once. Eat when partially cooled.

\*For hamburger buns: use only 2 tablespoons honey.

#### WHOLE-WHEAT HAMBURGER ROLLS

2 cups hot milk  
1/4 cup butter  
1/8 cup honey  
2 teaspoons salt  
2 packages dry yeast  
1/4 cup lukewarm water  
5-6 cups whole-wheat flour  
1 egg  
sesame seeds

Heat milk and add butter, honey and salt. Dissolve yeast in lukewarm water and add milk mixture to it. Add half of the flour and heat it. Add rest of flour and mix with a wooden spoon. Turn out onto a floured board and knead 8 to 10 minutes. Place dough in a buttered bowl, cover and let rise until double. After first rising, knead down and roll dough to 1/2-inch thick. Cut with a 3-inch cutter. Place rolls on buttered cookie sheet. Brush rolls with beaten egg and sprinkle sesame seeds on top of rolls. Cover with a towel and let rise for an hour. Bake at 350 degrees for 12 to 15 minutes.

## WHOLE-WHEAT PANCAKES

1 egg  
 1 cup buttermilk  
 2 tablespoons shortening, melted, or  
 salad oil  
 3/4 cup whole-wheat flour  
 1 tablespoon granulated or brown sugar  
 1 teaspoon baking powder  
 1/2 teaspoon soda  
 1/2 teaspoon salt

## WHOLE-WHEAT

Beat egg; add remaining ingredients in order listed and beat with rotary beater until smooth.

## GRAHAM CRACKERS

2 cups whole-wheat flour  
 1 cup white flour  
 1 teaspoon baking powder  
 1/2 teaspoon baking soda  
 1/4 teaspoon salt  
 1/2 cup shortening  
 1/2 cup brown sugar  
 1/4 cup honey  
 1 teaspoon vanilla  
 1/2 cup milk

Mix dry ingredients. In another bowl, beat together shortening, sugar, honey and vanilla until fluffy. Add flour mixture alternately with milk. Mix well. Gather dough into a ball and chill a minimum of 2 hours. Divide dough into fourths. On lightly-floured cloth, roll each portion into a 15 x 5 rectangle. Lightly flour the rectangle of dough and gently roll it around a rolling pin. Transfer to a greased cookie sheet; unroll dough from rolling pin on to a cookie sheet. Score rectangle down center with knife. Score at 2-1/2-inch intervals, making six 5 x 2-1/2-inch crackers. Prick with fork. Sprinkle with cinnamon and sugar mixture. Bake at 350 degrees for 10-12 minutes.

## **MAIN DISHES**



## SLOW-COOKING HAMBURGER STEW

- 1 pound hamburger
- 1 medium onion
- 5-6 potatoes
- 5-6 carrots
- 1/2 cup celery
- 1 4-ounce can mushrooms, stems and pieces
- 1 11-ounce can tomato soup
- 1 8-ounce can tomato sauce
- 1 6-ounce can tomato paste or you may use 2-3 cans of tomato soup

Brown hamburger and drain. Peel and dice potatoes, carrots, onions and celery in chunky pieces. Put in crock pot or slow cooker. Add mushrooms, tomato soup, sauce, and paste and 1/2 can water. Salt and pepper to taste. Cook on medium for 6-8 hours (depends on pot). You may also put the stew in a large casserole and bake at 350 degrees for 1-1/2 hours.

## DINNER IN A DISH

- 1 pound ground beef, browned and unsalted
- 1 can mushroom soup
- 1 can cream of chicken soup
- 2/3 cup water
- 1/2 cup raw rice
- 1 cup chopped celery
- 1 chopped onion
- 4 tablespoons soy sauce

Mix together all ingredients and bake, covered, for 50 minutes in a 350-degree oven. Cover top with chow mein noodles and brown, uncovered, 10 minutes more.

## SLOPPY JOES

- 1 pound ground beef
- 1 cup chopped celery
- 1 envelope dry onion soup mix
- 3/4 cup catsup

- 1 tablespoon Worcestershire sauce
- 1 tablespoon prepared mustard
- water as needed

MAIN  
DISHES

Brown meat in skillet. Add celery. Add soup and other ingredients. Simmer 10 minutes (or longer), adding enough water for desired consistency. Serve on buns. Good with Montana beef.

## SPAGHETTI AND GROUND BEEF

- 4 tablespoons oil
- 4 tablespoons butter
- 3 buds garlic
- 2 cups onions
- 1 pound ground beef
- 1 can mushroom soup
- 2 cans tomato soup
- 2 cans tomato paste
- 1 teaspoon salt
- 1/4 teaspoon pepper

Cook garlic and onions in butter and oil until soft. Add ground beef and brown. Add remainder of ingredients, cover and simmer 20-30 minutes. Put on spaghetti and sprinkle with Parmesan cheese.

MAIN  
DISHES

SWEDISH MEATBALLS

1-1/2 pounds ground beef  
1/2 cup finely chopped onion  
3/4 cup dry bread crumbs  
1/2 cup milk  
1-1/2 teaspoons salt  
1/8 teaspoon pepper  
1 egg  
2 tablespoons shortening  
1/3 cup flour  
3 cups water  
3 beef bouillon cubes

Combine ground beef, onion, bread crumbs, milk, salt, pepper and egg in a large bowl. Blend well. Shape into balls about 1 inch in diameter. (Hint – if you keep hands moistened with water, the meat mixture won't stick to your hands and meatballs will be nice and round.) Brown on all sides in shortening in skillet. Remove meatballs. Stir flour into drippings and cook until flour browns. Add water and bouillon cubes. Cook, stirring constantly until mixture comes to a boil. Add meatballs, reduce heat and simmer 1/2 hour.

SWEET AND SOUR BEEF

2 cups diced cold beef (cooked)  
2 tablespoons flour  
1/2 cup vinegar  
2 tablespoons butter  
1/2 cup firmly packed brown sugar  
1 cup hot water  
1/2 tablespoon dry mustard mixed with flour and dissolved in  
1/2 cup cold water  
1/2 package dry onion mix

Brown beef with 2 tablespoons butter in skillet. Stir in balance of ingredients, mix and then add cold water, flour and mustard. Blend well and simmer for 20 minutes. Stir on rice, noodles or toast.

HACHE

1/4 cup margarine or butter  
1/3 cup flour  
1 medium sized onion (chopped)  
2 cups water  
2 beef bouillon cubes  
10 cloves  
2 bay leaves  
2 tablespoons vinegar  
1-2 cups leftover roast, cut in small pieces

Melt butter and add flour. Stir and put in chopped onion. Add beef bouillon cubes to water and pour into mixture. Add bay leaves and cloves. Stir and simmer for 5 minutes. Add leftover roast and vinegar. Bake in a 325 degree oven for 1 hour. Serve over rice.

SEVEN LAYER DINNER

Into a 9-inch greased casserole, place:

1/2 inch layer, thinly sliced raw carrots  
1/2 inch layer, thinly sliced raw onion  
1/2 inch layer, thinly sliced raw potatoes

Sprinkle 1/4 cup uncooked rice over these 3 layers. Add one thin layer of peas and liquid. Arrange on top, 1 pound pork sausage, browned and drained, or 1 pound of hamburger, browned and drained. Salt and pepper to taste. Pour 1 tin tomato soup diluted with 1 tin water over all. Cover and bake at 350 degrees for 1 hour. Uncover casserole for last 1/2 hour of baking.

## COUNTRY BEEF AND NOODLES

1 tablespoon salt  
 3 quarts boiling water  
 8 ounces medium egg noodles  
 1 pound ground beef  
 4 slices bacon  
 1 small onion, chopped  
 1 clove garlic, halved  
 1 8-ounce can tomato sauce  
 1/3 cup chopped dill pickle  
 1/4 teaspoon salt  
 1/4 teaspoon oregano  
 1/2 teaspoon paprika  
 1 cup medium cheese sauce  
 American cheese  
 dash of pepper

Add 1 tablespoon salt to rapidly boiling water. Gradually add noodles so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain. Brown beef in skillet, drain. Sauté bacon, onion and garlic until lightly browned; discard garlic. Stir in beef and remaining ingredients. Cover and cook slowly for 10 minutes. Mix with noodles. Top with slices of American cheese. Place in 350 degree oven until cheese melts. (Use either casserole dish or oven proof skillet.) Serves 4 to 6.

## STINA'S CHILI CON CARNE

1 pound ground beef  
 1 medium onion, chopped  
 1 cup green pepper, chopped  
 1 clove minced garlic  
 4-6 teaspoons chili powder  
 salt and pepper  
 dash cayenne pepper  
 dash paprika  
 2 cans condensed tomato soup  
 2 cans kidney beans, undrained  
 1/2 cup water

1 teaspoon vinegar

Brown beef, onion and green pepper in kettle. Add all other ingredients and cook over low heat 30 minutes. Stir often. Uncover and cook to desired consistency.

## PINEAPPLE BURGERS

4 pineapple rings  
 1 pound ground beef

Drain pineapple well. Divide meat into 8 thin patties; place a ring between 2 patties, sealing edges. Place burgers on rack 6 inches away from broiler unit (or on Bar-B-Q in the summer.) Broil 5 minutes, turn and broil 5 minutes more. Pour spice sauce over burgers; serve at once.

## SPICY SAUCE

Blend:

1/2 cup brown sugar  
 1/2 cup catsup  
 2 tablespoons prepared mustard

Pour ingredients in a sauce pan and simmer 2-3 minutes.

## CROCK POT STEAK

3 pounds round steak cut in serving pieces  
 1/3 cup flour  
 1 can beer (any type)  
 1 envelope onion soup mix  
 1 envelope brown gravy mix

In plastic bag shake meat and flour. Put in pot, then add beer, soup and gravy mixes — cook low for 8 hours.

MAIN  
DISHES

SOUR CREAM NOODLE BAKE

1/2 pound noodles  
1 pound ground beef  
1 tablespoon butter  
1 teaspoon salt  
1/4 teaspoon garlic salt  
1/8 teaspoon pepper  
1 8-ounce can tomato sauce  
1 cup creamed cottage cheese  
1 cup sour cream  
6 green onions, chopped  
3/4 cup shredded cheddar cheese

Cook noodles as package directs. Rinse and drain. Brown beef in butter. Add salt, garlic salt, pepper and tomato sauce. Simmer 5 minutes. Mix noodles, cottage cheese, sour cream and onions. Alternate layers of noodle mixture and meat in 2 quart casserole, beginning with noodles and ending with meat. Top with shredded cheese. Bake at 350 degrees for 20 minutes or until cheese has melted and browned. Makes 8 servings.

TAMALE PIE

1 pound lean ground beef  
2 onions, chopped  
1 clove garlic, chopped fine  
1-1/2 teaspoons salt  
1/4 teaspoon pepper  
1 teaspoon chili powder  
1 can stewed tomatoes  
1 small can whole kernel corn, drained  
1/2 cup water  
1/2 cup corn meal  
1 small can pitted black olives  
1/2 cup grated cheese

Brown meat, onions and garlic and add seasonings. Stir in tomatoes, corn, water and corn meal. Put in casserole dish, dot with olives, and sprinkle with grated cheese. Bake at 325 degrees for 45 minutes to 1 hour.

HAMBURGER MEAT LOAF

1-1/2 pounds ground beef  
1 cup fresh bread crumbs  
1 medium onion chopped  
1-1/4 teaspoons salt  
1/2 can tomato sauce (8-ounce)  
1 egg, beaten

Lightly mix ingredients and form a loaf. Place in shallow pan in moderate oven of 350 degrees. After baking for 15 minutes, combine the following ingredients.

1/2 can tomato sauce  
2 tablespoons prepared mustard  
2 tablespoons brown sugar  
2 tablespoons vinegar  
1 cup water

Pour over meat loaf and continue baking 1-1/2 hours, basting occasionally.

SAVORY STEAK

flank steak  
1/3 cup soy sauce  
1/3 cup dry white wine  
2 tablespoons oil

Soak steak in soy sauce and wine in refrigerator over night. Turn once. Brush with oil. Broil 5 minutes on one side, 5 minutes on other. Let cool. Refrigerate. Slice thin and serve cold.

## MINIATURE MEAT LOAF

4 large baking potatoes  
 1 pound ground beef  
 1 cup frozen mixed vegetables  
 1-1/2 teaspoons salt  
 1/2 teaspoon garlic salt  
 1/4 cup onion, chopped  
 1 egg  
 1 8-ounce can tomato paste

Hollow out pre-baked potatoes like a canoe. Mix potatoes, beef, vegetables, salt, garlic salt, onion and egg. Stuff into potato, pour tomato paste over potatoes. Bake at 350 degrees for about 1 hour.

## MEAT BALLS

1 pound ground beef  
 1 pound ground pork  
 1 cup parmesan cheese  
 1 cup fine bread crumbs  
 1 tablespoon salt  
 1 cup minced onions  
 2 cloves garlic (minced)  
 1/3 cup chopped parsley  
 2 eggs  
 3/4 teaspoon pepper

Mix all ingredients. Add little water if too dry. Shape into balls and bake at 450 degrees for about 30 minutes.

## BEEF PASTIES

Crust — Blend:

2 cups flour  
 3/4 cup lard or shortening  
 1 teaspoon salt

Add:

6 tablespoons boiling water and mix

Filling:

Combine 3 medium potatoes (diced), 1 pound meat (sirloin, round, or hamburger) which has gone through grinder, 1 small diced onion, and 5 medium diced or grated carrots. Roll dough into 8-inch circles. Place filling on dough. Salt and pepper to taste. Garlic salt may be added. Fold dough over top to form a half moon shape and trim edges to shape. Cut 2 or 3 slits in dough for ventilation as in pie crust. Bake in oven until brown, 40 to 50 minutes at 350 degrees. Makes 4 pasties.

## STUFFED PEPPERS

6 green peppers  
 1 pound hamburger  
 1 small onion  
 1 small potato, diced  
 2 carrots, diced  
 1 cup uncooked rice

Mix all ingredients together. Season with salt and pepper. Fill hollow pepper cups with mixture. Set peppers upright in deep pan. Pour 1-1/2 quarts of tomato juice over peppers. Place in oven and bake at 350 degrees for 2 hours. 2 hours.

MAIN  
DISHES

CABBAGE ROLLS

8	large cabbage leaves
1	pound ground beef
2/3	cup rice, uncooked
1	egg
1	cup tomato juice
1	8-ounce can tomato soup
1/2	cup water
1	medium can sauerkraut

Cook rice. Steam cabbage leaves 8 minutes or until slightly tender; drain. Combine ground beef, rice, egg and tomato juice, mixing well. Place 1/3 cup of meat mixture on each cabbage leaf. Fold leaf over meat, tucking in ends, and may be fastened with toothpick. Place rolls, overlapped side down, in skillet. Pour tomato soup over rolls. Drain sauerkraut and place on top. Add water, cover and simmer 1 hour.

MOM'S STROGANOFF

1	pound round steak cut in cubes
1/4	cup flour
2	tablespoons oil
1/2	cup onion (chopped)
1	minced clove garlic
1/4 to	
1/2	pound mushrooms
1	can sour cream
1	can mushroom soup
1	tablespoon Worcestershire sauce
1/2	teaspoon salt
1/8	teaspoon pepper

Roll meat in flour and brown on all sides in oil. Cook onions, garlic and mushrooms (sliced) in oil. Add everything together and cook for at least 1 hour. Meatballs may be substituted for round steak and flour. May be frozen. Good with Montana beef.

MONTANA STUFFED GREEN PEPPERS

5	large green peppers
1	cup raw rice
1	pound hamburger
1	medium-sized yellow onion
1	can cream of mushroom soup

Wash, core and remove insides and seed of peppers. Parboil 7 minutes in boiling water. Cook rice until almost done. Fry hamburger and onion; mix hamburger onion mixture with rice thoroughly. Blend in cream of mushroom soup. Fill shells with this mixture and bake in 350 degree oven 45 minutes to 1 hour. Put small amount of water in bottom of casserole dish and place peppers in dish with core end up. Bake covered for more moist peppers; uncovered for a dryer texture. Variations: use fresh mushrooms sauted in butter and cream of chicken soup.

BEEF PASTRY

2	pie crusts
1	pound ground beef
1	cup thinly sliced onions
1/3	cup chopped green onions
2	tablespoons oil
2	teaspoons salt
1/4	teaspoon pepper
2	tablespoons flour
1	cup dairy cream

Brown meat in oil. Add onions and green peppers. Simmer until done. Remove from heat. Add seasonings, sour cream and flour. Prepare pastry as for a conventional pie. Pour in filling, top with crust. Bake at 400 degrees for 1/2 hour, or until golden brown. May be frozen. Good with Montana beef.

## SUSAN'S PORK ROAST OR CHOPS

- |     |                         |
|-----|-------------------------|
| 1   | pork loin or 6 chops    |
| 1   | large onion, sliced     |
| 2   | bay leaves              |
| 2   | tablespoons salt        |
| 1/2 | cup lime or lemon juice |
| 3/4 | cup soy sauce           |
| 1/2 | teaspoon ginger         |
| 2   | cloves garlic, minced   |

Put pork in a bowl or pan. Combine remaining ingredients and marinate overnight, turning occasionally. Bake in marinade 35-40 minutes per pound (or until done) at 325-350 degrees. Baste frequently.

## FAYE'S SPARERIBS

Mix and boil:

- |       |                                  |
|-------|----------------------------------|
| 1-1/4 | cups water                       |
| 3/4   | cup vinegar                      |
| 1     | small bottle catsup              |
| 1     | tablespoon prepared mustard      |
| 3     | tablespoons Worcestershire sauce |
| 3     | tablespoons brown sugar          |
| 3     | teaspoons chili powder           |

Pour mixture over raw spareribs. Cook open in oven according to meat cooking table. The last half hour turn meat. The easiest and most delicious sauce for meat ever used on a roast . . . . . m-m-m-m-m good!

## BAKED HAM

Soak a 6-pound ham in hot water for 1/2 hour. Pour off the water. On and around the ham, cut 2-inch squares, not too deep. Ham can be tied with string to hold it in place.

## SAUCE TO SPREAD ON HAM

- |     |                         |
|-----|-------------------------|
| 1/2 | cup prepared mustard    |
| 1   | teaspoon chili powder   |
| 1   | teaspoon paprika        |
| 1/4 | teaspoon black pepper   |
| 1/4 | teaspoon cloves         |
| 1/4 | teaspoon dry mustard    |
| 1/4 | teaspoon allspice       |
| 2   | tablespoons flour       |
| 2   | tablespoons brown sugar |

Mix prepared mustard, sugar and flour together to make a paste. Add spices and mix well. Spread over ham and in the cut squares. Add a few bay leaves and whole cloves on top of the ham. Bake slow for 3 or 4 hours. Also makes excellent sandwiches. Make sauce with 1/2 cup chopped onions, one pint of strained tomatoes and a clove of garlic. Cook slow and be sure not to burn it. Heat large buns, slice ham thin and pour sauce over all.

## WIENER SCHNITZEL

- |     |  |
|-----|--|
| 4   | boneless veal cutlets (each about 4 ounces) or |
| 1   | pound veal round steak 1/2 inch thick          |
| 1/2 | cup flour                                      |
| 1   | teaspoon salt                                  |
| 1/2 | teaspoon paprika                               |
| 1/4 | teaspoon pepper                                |
| 2   | tablespoons water                              |
| 1   | cup dry bread crumbs                           |
| 1/4 | cup shortening                                 |
| 1   | egg  |

If using veal round steak, cut into four servings. Mix flour, salt, paprika and pepper. Coat cutlets with flour mixture and pound until 1/4-inch thick. Beat egg and water until blended. Dip cutlets into egg mixture, then coat with bread crumbs. In large skillet brown cutlets quickly in shortening. Reduce heat, cover and cook 45 minutes or until meat is tender. Serve with lemon wedges. Serves 4.

### BRUNCH FOR A BUNCH CASSEROLE

- |     |   |
|-----|---|
| 1   | quart medium white sauce                        |
| 1   | dozen hard cooked eggs                          |
| 1   | pound beef bacon or your favorite link sausages |
| 3/4 | pound sharp cheddar cheese                      |
|     | dash marjoram                                   |
|     | sprinkle of pepper                              |
|     | chopped parsley                                 |
|     | sliced mushroom (fresh or 1 small can)          |
|     | few drops Worcestershire sauce                  |
|     | salt to taste                                   |
|     | bread crumbs                                    |
| 2   | tablespoons white wine (optional)               |

Cook bacon or sausage until browned. Drain on towel; cut into large pieces. Cut eggs and cheese into large chunks. Add seasonings to white sauce. Add cheese, eggs, bacon and mushrooms. Gently mix in wine. Put in buttered casserole. Top with bread crumbs and bake until heated through. (If made previous day and refrigerated, heat for 1 hour at 325 degrees.) Serve with sour dough biscuits and a fruit salad for a great brunch.

### SWEET AND SOUR SPARERIBS FESTIVAL

- |     |  |
|-----|--|
| 3   | pounds fresh pork ribs (2 rib lengths) |
|     | salt to taste                          |
| 1   | tablespoon cornstarch                  |
| 1/4 | cup water                              |
| 1/4 | cup red wine vinegar                   |
| 1   | tablespoon soy sauce                   |
| 1/4 | cup minced onion                       |
| 1/4 | cup minced celery                      |
| 1   | can (11-ounce) mandarin oranges        |

Arrange ribs, single layer in a shallow pan, add salt. Roast in hot (450 degrees) oven for 30 minutes and turn once. Remove from oven and drain fat. While ribs are in oven, put cornstarch in small pan and add water. Stir until smooth. Add other ingredients and juice from oranges. Cook and stir over medium heat until thick and clear. Pour over ribs and put in 350-degree oven until tender (about 1 hour). Baste often. If sauce gets

thick, add a little water. Ten minutes before serving put oranges over ribs and heat. Serves four. Attractive company dish!

### APRICOT SPARERIBS

- |   |                                   |
|---|-----------------------------------|
| 3 | pounds spare ribs (country style) |
| 2 | teaspoons salt                    |
| 6 | cups water                        |
| 1 | cup celery leaves                 |
| 1 | small onion                       |

#### Sauce:

- |     |                    |
|-----|--------------------|
| 1   | cup apricot nectar |
| 1/4 | cup brown sugar    |
| 1/4 | cup chili sauce    |

Mix ribs, salt, celery leaves, onion, and water; boil 1 hour. Drain and place in ovenware pan. Cook the sauce and pour over meat. Bake at 350 degrees until meat is tender.

### SPARERIBS

- |       |                                 |
|-------|---------------------------------|
| 2     | regular sized bottles of catsup |
| 1-1/3 | cups packed brown sugar         |
| 1     | cup wine vinegar                |
| 1     | teaspoon dry mustard            |
|       | pinch red pepper                |
|       | dash paprika                    |

Cook ingredients in pan until blended. Boil ribs in water until most of fat cooks out. Then bury ribs in sauce and bake, covered, in 350-degree oven for about 1 hour or cook over grill until done. Best results when marinate ribs in sauce overnight.

## BARBECUED RIBS

4 pounds country style ribs  
1 tablespoon margarine  
1 clove garlic, minced  
1 cup catsup  
2 tablespoons brown sugar  
1 teaspoon chili powder  
1 tablespoon Worcestershire sauce  
1 tablespoon prepared mustard  
2 tablespoons chopped onion  
dash pepper sauce  
2 tablespoons lemon juice

Boil ribs in water for an hour. Drain. Combine other ingredients. Barbecue ribs, basting with sauce. Sauce may be frozen. Cooked ribs may be frozen.

## VEAL CUTLETS WITH MUSHROOMS AU GRATIN

2 tablespoons butter  
4 veal chops or slices of round or veal (about  
1-1/2 pounds)  
1 teaspoon salt  
1/2 teaspoon pepper

Sauce:

2 tablespoons butter  
1/2 pound fresh mushrooms, diced or 5-ounce can  
mushrooms, drained  
1/2 teaspoon salt  
dash of pepper  
2 tablespoons flour  
1-3/4 cups light cream and stock, if canned mushrooms  
are used  
1 tablespoon dry sherry (optional)  
1 egg yolk  
2 tablespoons bread crumbs  
2 tablespoons melted butter

Heat butter in frying pan and fry chops for about 4 minutes on each side. Sprinkle with salt and pepper. Remove chops to buttered baking dish or platter. Sauce: melt butter in saucepan, saute mushrooms over low heat for about 5 minutes. Season. Stir in flour and gradually add stock and cream. Simmer five minutes, stirring. Season and add wine. Let cool a few minutes and add an egg yolk. Pour sauce over chops. Sprinkle with bread crumbs and dot with butter. Bake in very hot oven 475 degrees for 15 to 20 minutes. Serve with glazed potatoes or french fried potatoes, buttered vegetables and salad. Makes 4 servings.

## SWEET AND SOUR CHICKEN

1/2 cup ketchup  
1/2 cup oil  
1/4 cup vinegar  
1/2 cup maple syrup  
2 tablespoons mustard  
1 cup of chicken  
1 small onion

Heat oven to 375 degrees. Place chicken pieces into shallow pan with an onion slice under each piece. Add 1/2 cup of water and salt and pepper. Place in oven for 30 minutes. Mix remaining ingredients to make sauce and pour over chicken and cook for another 30 minutes.

MAIN  
DISHES

CINNAMON CHICKEN

- |   |  |
|---|--|
| 1 | 4-5 pound chicken<br>butter or chicken fat |
| 1 | can tomato paste                           |
| 4 | cups water<br>juice of one lemon           |
| 1 | bay leaf                                   |
| 2 | cloves garlic<br>salt                      |
|   | pepper                                     |
|   | small cinnamon stick                       |
| 2 | large onions                               |
| 4 | tablespoons grated cheddar cheese          |

Clean and cut chicken in pieces. Add salt, pepper and lemon juice. Brown chicken in fry pan in fat or butter. When browned, drain off fat from fry pan. Pour water, tomato paste, bay leaf, garlic, and spices into saucepan and bring to a boil. Pour sauce over chicken, add onions, and grated cheese. Cook for 20 minutes or until chicken is done. Serve over spaghetti or boiled rice.

CHICKEN CASSEROLE

- |     |                                      |
|-----|--------------------------------------|
| 3   | cups cooked chicken (cut in pieces)  |
| 1   | cup cooked rice (brown or white)     |
| 1   | can undiluted cream of mushroom soup |
| 1   | small diced onion                    |
| 1/2 | teaspoon salt                        |
| 1   | teaspoon lemon juice                 |
| 1/2 | cup mayonnaise                       |
| 3/4 | cup diced celery                     |
| 2   | hard boiled eggs (chopped)           |

Crush enough potato chips or corn flakes to cover top. Combine all except the topping and refrigerate overnight. Remove from refrigerator 1 hour before baking. Sprinkle topping on and bake uncovered for 30 minutes at 350 degrees.

CHICKEN SOPA

- |    |  |
|----|--|
| 4  | cups diced chicken (use fat stewing hen or canned whole chicken) |
| 12 | tortillas  |
| 1  | can mushroom soup  |
| 1  | can cream of chicken soup  |
| 1  | can chicken broth  |
| 1  | large onion (chopped or grated)                                  |
| 1  | small can green chilis   |
|    | garlic salt as desired   |
| 2  | cups grated cheese (sharp or mild)                               |

Put layer of tortillas, cut in 1/8 wedges, in baking dish, then layer chicken alternately until it is used up. Mix all other ingredients together and pour over chicken. Top with cheese. Bake at 350 degrees for 30 to 45 minutes. Let stand 1 hour and reheat. Serves 8 to 10. (Leftovers may be frozen.)

COUNTRY CHICKEN CASSEROLE

- |       |                                       |
|-------|---------------------------------------|
| 3     | pounds frying chicken cut into pieces |
| 1/4   | cup flour                             |
|       | salt and pepper                       |
| 1/2   | cup chopped onion                     |
| 1/2   | cup chopped green peppers             |
| 3     | sliced carrots                        |
| 1/2   | cup chopped celery                    |
| 2     | 8-ounce cans tomato sauce             |
| 1-1/2 | cups elbow macaroni (uncooked)        |

Sprinkle chicken with mixture of flour, salt and pepper. Brown pieces on both sides. Put uncooked macaroni in a large lightly-greased casserole. Place chicken on top. Add celery, onion, and carrots. Pour the tomato sauce over all. Cover and bake at 350 degrees for 1-1/2 hours or until chicken and macaroni are tender.

## GOLDEN BAKED CHICKEN BREASTS

- 2 chicken breasts, halved  
 4 teaspoons soft butter or margarine  
 1-2 tablespoons instant minced onion  
 1/2 teaspoon garlic salt  
 2 tablespoons snipped parsley

Heat oven to 425 degrees. Remove skin from chicken; place chicken in ungreased baking pan, 8 x 8 x 2. Spread 1 teaspoon butter on each piece; sprinkle with onion, garlic salt, and bake uncovered 30 or 35 minutes or until tender. Sprinkle with parsley before serving. Makes 4 servings.

## BARBECUED CHICKEN LIVERS AND MUSHROOMS

- bacon strips  
 mushrooms  
 chicken liver

Wash, trim and dry chicken livers; cut in half. Cut mushrooms in half, if large. If button mushrooms, leave whole. Cut bacon strips into three, if large, or two if small. Roll mushroom and half a chicken liver into each piece of bacon. Thread onto skewers; place on barbecue until bacon is crisp, turning occasionally.

## MOM'S CHICKEN IN ORANGE SAUCE

- 1 2-1/2-pound chicken, cut up  
 1 teaspoon salt  
 1/4 teaspoon pepper  
 1/2 teaspoon ginger  
 1/4 teaspoon allspice  
 1 can frozen orange juice  
 2 tablespoons margarine

Sprinkle chicken with salt and pepper. Dot with butter and bake 30 minutes at 350 degrees. Combine other ingredients, pour over chicken and bake 30 minutes more.

## CURRIED CHICKEN

- 1/2 cup margarine  
 1/2 cup onion  
 1 clove garlic  
 1 stalk celery  
 1/2 bay leaf  
 1/4 teaspoon mustard  
 1 apple, cubed  
 1/4 pound ham  
 2 tablespoons flour  
 2 teaspoons curry powder  
 2-1/2 cups chicken broth  
 3 cups cubed chicken

Fry chicken, onion, garlic, celery, in margarine. Add flour and spices. Add broth, ham and apple pieces. Cook 15 minutes more (at least). Serve with hot rice. Chicken may be frozen ahead. Whole entree (without rice) may be frozen.

## NANCY'S STEW

- 3 pounds chuck  
 3 tablespoons flour  
 1/2 teaspoon celery salt  
 1/4 teaspoon garlic salt  
 1/4 teaspoon black pepper  
 1/2 teaspoon ginger  
 2 tablespoons oil  
 3 medium onions  
 1/3 cup red wine vinegar  
 1-pound can tomatoes  
 1/2 cup molasses  
 8 carrots  
 1/2 cup raisins

Roll meat in flour and brown in oil. Add onions and cook until done. Add spices and all other ingredients. Cook at least 2 hours at medium heat. Stew may be frozen. Good with Montana beef.

### CHICKEN ALA ORANGE & HERB

8	boneless chicken breasts (10 ounces each); (other pieces may also be used)
1/3	cup flour
1-1/2	teaspoons garlic powder
1/2	teaspoon paprika
1/3	cup sliced almonds
5	tablespoons butter
1	can (6 ounces) frozen concentrated orange juice
1-1/2	cups water
1	teaspoon rosemary, crumbled
1/4	teaspoon thyme, crumbled
2	tablespoons cornstarch

Coat chicken with a mixture of flour, 1 teaspoon salt, garlic powder and paprika. Saute almonds in butter in a large frying pan until almonds are golden brown; remove from pan. Brown chicken breasts in drippings in the same pan; place chicken in a single layer in a baking pan, 13 x 9 x 2. Pour all drippings from frying pan over chicken; cover. Bake in oven at 350 degrees for 1 hour, or until chicken is tender. Remove to another pan; keep chicken warm. Reheat liquid in baking pan to boiling; thicken with cornstarch. Sprinkle almonds over chicken to serve. Serve sauce separately to spoon over chicken. Delicious served with rice.

### COMPANY STEW

2-1/2	pounds beef chuck
2	tablespoons shortening
4	cups beef broth
1	tablespoon Worcestershire sauce
1/2	teaspoon garlic salt
1	large onion
2	teaspoons salt
1/2	teaspoon paprika
1	10-ounce package frozen peas and carrots
16	small, new potatoes, peeled whole
16	small, white onions, peeled whole
16	whole fresh mushrooms

Cut beef into 1-inch cubes. Brown cubes in shortening. Add broth, Worcestershire sauce, garlic salt, onion, salt and paprika. Cover and simmer over a low flame 2 hours or until tender. Add remaining ingredients. Cook an additional 20-30 minutes or until vegetables are tender. Blend 1 tablespoon cornstarch with 1/2 cup water. Slowly add cornstarch mixture to stew. Stir constantly until stew has thickened. Works great in a crock pot, set on low for 6 hours. Serves 8.

### ZUCCHINI STEW

4	cups zucchini cut into 1-inch cubes
1	cup potatoes cut into 1-inch cubes
1	cup onions cut into quarters or eighths
1	cup tomatoes, peeled and quartered
	water to cover
1/2	cup green pepper in 1/2-inch chunks
1	teaspoon salt
1/2	teaspoon pepper or to taste
1/2	teaspoon oregano or to taste
1/2	teaspoon basil or to taste
2	tablespoons oil

Put all ingredients into a pan. Bring to a boil. Turn down to low and simmer gently until vegetables are done. (Approximately 45 minutes.)

### BEANS MEXICALI

Melt 2 tablespoons of butter in skillet. Cook 2 white (medium-sized) onions, sliced, and 1 green pepper, sliced, and 1 clove garlic, minced, until onions are transparent. Add 1 4-ounce can pimento strips and 1 8-ounce tomato sauce, 1 cup cheddar cheese, grated, and 1 tablespoon prepared mustard. Put 2 cans (303 size) cut green beans in a casserole. Spoon sauce over and heat in oven at 300 degrees until ready to serve. Simply delicious and a great addition to compliment any meal. Try it!

## BAKED BEANS CHINESE STYLE

2 packages frozen green beans  
1 pound can Chinese bean sprouts, drained  
1/4 cup minced onion  
3/4 cup chicken soup  
1 tablespoon oil  
3 tablespoons soy sauce  
1/4 cup cold water

Cook beans according to package directions. Drain well. Combine with bean sprouts. Combine other ingredients. Combine with beans. Bake, covered, 20 minutes at 350 degrees.

## TUNA ROLL

Make biscuit dough and roll out. Put margarine and grated cheddar cheese on top and roll up. Slice like cinnamon rolls. Flake tuna into can of mushroom soup and 1/2 can milk. Place biscuits in a 9 x 12 baking dish containing the soup. Bake at 350 degrees for 20 minutes or until brown. Serves 4 to 6.

## ESCABACHE

1-1/2 to  
2 pounds fish fillets  
seasoned flour  
1 egg  
2 tablespoons milk  
oil for frying

Sauce:

2/3 cup dry white wine  
1/3 cup white wine vinegar  
2/3 cup oil  
1/2 teaspoon dry mustard  
salt and pepper

Skin and bone fillets. Toss fillets in seasoned flour, then in combined egg and milk mixture, then in flour again. Fry in hot oil until golden brown on both sides. Drain well on paper towels and cool. Break fillets into large bite-size pieces and place in deep serving dish. Pour over this the sauce and vegetables.

## LIQUID SMOKED FISH

3/4 cup cooking oil  
3 tablespoons liquid smoke  
1 tablespoon salt

Mix all ingredients together. Brush over any kind of fish 3 or 4 times. Bake for 2 to 3 hours at 250 degrees on a cookie sheet.

## CRAB BISQUE

2 cans cream of celery soup  
1 soup can milk  
1 soup can water  
2 cans (6-1/2 ounces) crab meat, drained  
2/3 cup chopped celery

Blend. Serve chilled. Makes 6 servings.

MAIN  
DISHES

COLD SALMON

Steam fresh or frozen salmon. Chill. Serve with sauce.

SAUCE

Blend:

1 cup mayonnaise  
1 cup sour cream  
1/4 cup minced parsley  
2 tablespoons lemon juice  
1/2 teaspoon salt  
1/4 cup minced onion (optional)

SUSAN'S SEAFOOD THERMIDOR

1 can mushroom pieces (drained)  
1 tablespoon butter  
2 cans cream of shrimp soup  
2 cans snow crab meat  
2 cans shrimp pieces  
dash cayenne  
3 tablespoons sherry  
1/4 teaspoon dry mustard  
1/2 cup milk  
1/4 teaspoon paprika

Saute mushrooms in butter. Add everything else except sherry. Heat to boiling. Add sherry. Serve with rice.

DUTCH LETTUCE

1 pound bacon  
salt and pepper  
shredded lettuce (just tear into pieces about the size you would use in a tossed salad)  
enough mashed potatoes for 4 people  
splash of vinegar

Begin cooking bacon in frying pan. Meanwhile, be making your mashed potatoes. Shred lettuce into a large bowl.

Add salt and pepper and generous splash of vinegar. When bacon is done, crumble into bowl and mix well. Add mashed potatoes (hot) and combine thoroughly. Serve with extra vinegar. It sounds and looks horrible, but it really is good!

RICE PILAF

1/2 cup butter  
3 twists vermicelli, broken up in small pieces  
1 can chicken broth  
1/2 can water  
4 chicken bouillon cubes  
1 cup Uncle Ben's Converted Rice

Brown vermicelli in butter in skillet. Add broth, water, and bouillon cubes. Bring to boil. Add rice; cover and simmer until done, about 20 minutes.

DRIED-BEEF CHEESE BALL

1 jar (2-1/2 ounces) dried beef  
2 packages (8 ounces each) cream cheese, whipped  
2 tablespoons prepared horseradish  
parsley

Tear dried beef into small pieces. Blend cream cheese and horseradish together, shape into ball and roll in dried beef (to completely cover). Place on serving plate, surround with parsley and serve with assorted crackers.

## CRAB BALLS

1	pound crab meat
1/4	teaspoon dry mustard
1/4	cup sherry
1	cup bread crumbs
12	slices bacon
3	tablespoons prepared mustard
1	cup mayonnaise

Combine crab, bread crumbs, dry mustard and sherry. Shape in 24 walnut-size balls. Wrap each in 1/2 slice bacon. Broil for 10 minutes. Serve hot with sauce made with mayonnaise and mustard. Makes 24.

## SALMON PARTY BALL

1	16-ounce can salmon
1	8-ounce package cream cheese, softened
1	tablespoon lemon juice
2	teaspoons grated onion
1	teaspoon prepared horseradish
1/4	teaspoon salt
1/4	teaspoon liquid smoke
1/2	cup coarsely chopped pecans
3	tablespoons snipped parsley

Drain and flake salmon, removing any skin and bones. Combine salmon, cheese, lemon juice, onion, horseradish, salt, and smoke; mix well. Chill several hours. Combine pecans and parsley. Shape salmon mixture into large ball or log; roll in nut mixture (nuts and parsley). Chill. Serve with crackers. Makes about 2 cups.

## FRITTERS AND/OR DEEP FAT FRY BATTER

1	cup all-purpose flour, sifted before measuring
1/2	teaspoon salt
1	teaspoon baking powder
2	eggs, beaten
1	tablespoon melted shortening (Allsweet or Blue Bonnet)
1/2	cup milk (or beer instead)

Sift flour in with salt and baking powder, set aside. Mix the well-beaten eggs with the melted shortening and milk. Add flour mixture and mix together thoroughly. Dip batter by teaspoon and slide it into the fat . . . do not drop! Fry until golden brown, about 3 minutes. Remove the fritters with a whisk egg beater and drain on paper. Makes 12 to 15 fritters. Fry at 375 degrees.

## VARIATIONS OF FRITTER AND/OR BATTER

Use 1/2 teaspoon nutmeg or mace or 1/2 teaspoon nutmeg and cinnamon with 1 tablespoon sugar. This can be added to the batter or sprinkled on the fried fritter.

Use tomato sauce instead of milk. Then add minced onion and serve with fish or croquettes.

Vegetable: add 1/2 cup grated cheese and dip vegetables (carrots or celery stick; if you use raw vegetables, fry a litter longer so they will be done.) Or use corn kernels mixed into the batter and fry 3-5 minutes if using raw vegetables.

Fruit: add 1 tablespoon lemon juice for apples, bananas (slightly under ripe) or any fruit lacking tartness . . . also to keep white. Use pineapple rings, pear halves, peach halves, and orange or grapefruit sections. All may be dipped in batter and cooked 3-5 minutes using thinner batter. Pour lemon sauce over and serve immediately.

## LEMON SAUCE

2/3	cup sugar
1	tablespoon cornstarch
1	cup boiling water
2	tablespoons lemon juice
1	teaspoon lemon rind
2	tablespoons margarine or butter
1/4	teaspoon salt

Mix cornstarch and sugar. Add boiling water, stirring vigorously; cook over medium heat. Stir in lemon juice, rind, margarine and salt.

Chicken: dip raw parts in batter, cook 15-20 minutes. Precooked, 5-7 minutes.

Wieners: after dipping batter, roll in cornmeal for corn-dogs.

Fish and Seafoods: (shrimp, oysters, clams, smelts, trout or salmon steaks) – cut 1/2-inch strips. Fry 2-4 minutes at 350-375 degrees; if raw, cook a little longer. All meats, chicken and fish can be rolled into (after dipping in plain batter) cornmeal, cracker crumbs, or crushed potato chips and then fried.

Mushrooms: add mushrooms and serve with chicken as a fritter or cut small and dip chicken into batter and then fry.

Note: As you can see, this recipe calls for imagination as it is so versatile. Also very good! Good luck!

**PIEROGI (Little Ravioli)**

Place in bowl, form a well in center and apply to ingredients:

- |   |                            |
|---|----------------------------|
| 2 | cups flour                 |
| 1 | jar sour cream (16 ounces) |
| 1 | egg and salt to taste      |

After you have rolled the dough, cut circles large enough and put the potatoes and cheese fillings in center; seal. Into hot boiling water, carefully put each pierogi. Let boil about 3 minutes. Carefully remove them with a slotted spoon. Drain. Saute onions in butter; add pierogies and fry gently. The dough should be crisp, not burned.

Potato Filling: boil potatoes, mash and add butter, grated American or sharp cheese. Add mixture to pierogi.

**Cheese Filling:**

- |     |                          |
|-----|--------------------------|
| 1-2 | pounds farmers cheese    |
| 1   | egg                      |
|     | salt and pepper to taste |

If desired, add onions (chopped) sauted in butter. The more cheese you use, the more eggs you need to use.

You may also use these other filling for pierogies. All of them are delicious!

**Prune Filling:**

- |   |                      |
|---|----------------------|
| 1 | cup cooked prunes    |
| 1 | teaspoon lemon juice |
| 1 | teaspoon sugar       |

Soak prunes overnight. Cook with sugar and lemon juice. When cool, remove pits and fill pierogi. Serve with bread crumbs browned in melted butter.

**Mushroom and Meat Filling:**

- |     |                        |
|-----|------------------------|
| 1/2 | cup cooked beef        |
| 1/2 | cup chopped mushrooms  |
| 1   | onion, chopped fine    |
|     | salt and pepper        |
|     | butter                 |
| 2   | tablespoons sour cream |

Run cooked meat through meat grinder. Fry onion in butter until transparent. Add mushrooms and meat. Season to taste. Add sour cream and cook before using.

## **SALADS & DRESSINGS**



## GURKA SALAD

- 1 cucumber, scored lengthwise with a fork, then sliced very thinly  
1/2 cup vinegar  
1-1/2 cups water  
6 tablespoons sugar  
1/4 teaspoon salt  
dash white pepper  
1 tablespoon chopped parsley

Combine all ingredients in a glass jar and shake vigorously. Chill at least overnight.

## TACO SALAD

- 1 head lettuce (torn)  
2 tomatoes  
2 bunches green onions  
1 pound ground beef (browned and drained)  
2 packages taco seasoning mix  
1 cup water  
1 package Fritos (crushed)  
1 cup grated cheese  
1/2 bottle Italian dressing (regular-size bottle)

After browning and draining beef, add taco seasoning and water. Simmer until dry. Set aside to cool while mixing other ingredients. When meat mixture is cooled, mix with salad which has been tossed with Italian dressing. Save Fritos and cheese to form decorative ring on top. (Recipe may be cut in half.)

## CONFETTI COLESLAW PARFAIT

- 1 package lime-flavored gelatin  
1 cup boiling water  
1/2 cup cold water  
1 teaspoon vinegar  
1/2 cup Miracle Whip  
1 cup chopped cabbage  
1/2 cup shredded carrots

- 1/2 cup sliced celery  
1/3 cup raisins

Dissolve lime gelatin in boiling water. Stir in cold water and vinegar. Gradually add gelatin to Miracle Whip, mixing until well blended. Chill until slightly thickened. Fold in cabbage, carrots, celery and raisins. Pour into one-quart mold. Chill until firm. Makes 6 servings.

## KIDNEY BEAN SALAD

- 2 cups drained cooked kidney beans  
1/4 cup diced celery  
3 chopped dill pickles  
1 small onion, minced  
1/2 teaspoon salt  
1/8 teaspoon pepper

Combine above ingredients. Mix lightly with about 1/4 cup mayonnaise. Chill thoroughly.

## THREE-BEAN SALAD

- 1 can (1 pound) cut green beans  
1 can wax beans  
1 can kidney beans  
1/2 cup chopped green pepper  
1/2 cup onion slices  
2/3 cup sugar  
2/3 cup vinegar  
1/3 cup oil

In a large bowl, mix together the three kinds of beans and green pepper and onion. In a jar, mix together the sugar, vinegar, and oil; pour over beans. Chill the salad at least overnight, mixing occasionally.

SALADS  
&  
DRESSINGS

AVOCADO CHICKEN SALAD	
3	avocados
	juice of 1 lemon
3-4	pound steamed chicken
4	sticks celery
1	cucumber
1/4	pint cream
2	tablespoons mayonnaise
1/4	cup blanched slivered almonds
1/2	green pepper
1	teaspoon paprika
1/2	teaspoon nutmeg
1	teaspoon salt
1/2	teaspoon pepper

Peel, seed and slice avocados. Remove chicken meat from bones. Cut meat into 1-inch cubes. Slice cucumber, celery and green pepper. Layer in dish or bowl with toasted almonds, chicken and one-half the avocado slices. Blend paprika, nutmeg, salt and pepper with cream, mayonnaise and lemon juice; pour over chicken and vegetables. Decorate with remaining avocado slices, sprinkle with extra paprika. To help avocado slices keep fresh color, dip in lemon juice.

SHRIMP SALAD

2	packages lemon Jello
2	cups hot water

When Jello is slightly thickened, add:

1	8-ounce package cream cheese, creamed with 1/2 cup light cream
1	cup whipped cream
1	cup ripe olives (chopped)
1	cup celery (chopped)

Pour into a mold and set. Serve with shrimp topping.

Topping:

1-1/2	cups small shrimp (broken)
1	cup salad dressing
1	tablespoon chopped onion
2	tablespoons lemon juice

FROZEN FRUIT SALAD

1	no. 2 can crushed pineapple
1	pound seedless green grapes
2-1/2	cups miniature marshmallows
1	cup pecans, chopped
4	bananas, sliced
1	no. 2 can or jar black bing cherries and juice
1	small can sliced peaches
1	can sliced pears (Drain all fruits except cherries)
1	pint whipping cream, whipped and unsweetened
3/4	cup Miracle Whip salad dressing

Fold salad dressing into whipped cream and stir into fruits. Pour into 2 large or 3 small loaf pans lined with wax paper long enough to come around and cover top of salad. Freeze. Remove from freezer 15 minutes to half hour before serving. Slice.

CHICKEN SALAD

3	cups cooked chicken
2-1/2	cups seedless grapes
2	cups diced celery
1-1/2	tablespoons mayonnaise
6	tablespoons milk
1-1/2	tablespoons chutney
1-1/2	teaspoons curry
1-1/2	cantaloupes (in balls)
1/2	teaspoon salt

Combine mayonnaise, milk, chutney, curry and salt. Mix chicken, celery, cantaloupe with dressing. Serve chilled. Cooked chicken may be frozen.

## SWEET POTATO SALAD

2 cans sweet potatoes (4 good-sized if raw and cooked)  
4 finely cut green onions, plus tender green tops  
1-1/2 cups finely chopped celery  
4 mashed or finely cut hard boiled eggs (put through a coarse sieve is best)  
1/2 cup mayonnaise  
1/2 cup Durkee's dressing  
1/2 teaspoon salt

Mash potatoes, add eggs, combine other ingredients. Improves with standing.

## SEA DREAM SALAD

1 package lime Jello  
1 to 1-1/2 cups hot water  
1 cup grated cucumber  
1 tablespoon vinegar  
1/2 to 1 teaspoon scraped onion  
dash of cayenne  
1/2 teaspoon salt

Dissolve Jello in hot water. Add remaining ingredients. Force through a sieve. Turn into molds or a 9 x 5 x 3 loaf pan. Chill until firm. Serves 4 to 6.

## PACIFIC LIME MOLD

1 3-ounce lime Jello  
1 cup boiling water  
1 9-ounce can crushed pineapple  
1 cup cottage cheese (creamed)  
1/2 cup whipping cream (whipped)  
1/4 cup chopped walnuts

Dissolve Jello in water, add juice from pineapple. Refrigerate until partially set; whip Jello until frothy.

Add remaining ingredients. Pour into mold and chill.

## SALADS & DRESSINGS

### FROSTED JELLO SALAD

Mix and cool until partially set:

2 packages lemon Jello  
2 cups boiling water  
2 cups 7-up

Add to jello mixture:

no. 2 can crushed pineapple (drained)  
1 cup miniature marshmallows  
2 bananas

Set and frost with following topping:

1/2 cup sugar  
1 cup pineapple juice  
1 beaten egg  
2 tablespoons flour  
2 tablespoons butter

Cook until thick and chill. Whip 1/2 pint whipping cream and fold into cooled topping.

### COOL-AS-A-CUCUMBER

1 3-ounce package lime Jello  
3/4 cup hot water  
1/4 cup lemon juice  
1 teaspoon onion juice  
1 cup whipped cream  
1 cup chopped cucumber

Dissolve jello in hot water. Add lemon and onion juice. Fold in cream and cucumber. Chill until firm.

SALADS  
&  
DRESSINGS

CREAM CHEESE FRUIT SALAD DRESSING

1 package (3-ounce) cream cheese  
1 tablespoon lemon juice  
2 tablespoons currant jelly  
3/4 cup cream

Blend. Chill. Serve over fruit

FRUIT SALAD DRESSING

Mix:

2/3 cup sugar  
2 tablespoons flour

Add:

2 eggs, beaten  
2 tablespoons salad oil  
3 tablespoons lemon juice  
4 tablespoons orange juice  
1 cup pineapple juice

Cook the above until thick; stir often. Then add 1/2 cup cream, whipped. (Cool Whip may be substituted). Keeps for several days in refrigerator.

FRENCH DRESSING

1 can tomato soup  
1/2 can vinegar (soup can)  
1/2 can oil (soup can)  
1 tablespoon black pepper  
1 tablespoon dry mustard  
2 tablespoons garlic salt  
1 tablespoon salt  
1/2 cup sugar

Beat in electric mixer until well blended.

HONEY FRENCH DRESSING

1 cup salad oil  
1/2 cup honey  
1/2 teaspoon salt  
1/3 cup chili sauce  
1/2 cup vinegar  
1/2 cup finely chopped onion  
1 tablespoon Worcestershire sauce

Combine all ingredients in a jar with a tight-fitting cover. Shake vigorously. Chill. Serve on mixed vegetables, fruit, or mixed salad greens.

CLEAR FRENCH DRESSING

1/2 cup salad oil  
2 tablespoons vinegar  
2 tablespoons lemon juice  
1 teaspoon sugar  
1/2 teaspoon salt  
1/2 teaspoon dry mustard  
1/2 teaspoon paprika  
dash cayenne

Put all ingredients in jar, cover and shake well before using.

TOMATO SOUP DRESSING

1/3 cup sugar  
1 teaspoon paprika  
1-1/2 cups salad oil  
1 teaspoon salt  
2 tablespoons Worcestershire sauce  
1 can tomato soup  
3/4 cup vinegar  
1-2 cloves garlic, remove before using

Combine all ingredients. Keep refrigerated. Very good on tossed salad.

## MONTANA 1000 ISLAND DRESSING

2/3 pint Kraft mayonnaise  
1/2 pint Delmonte catsup  
enough water to make it blend together in  
blender

Add:

1/2 medium-sized yellow onion  
1/4 small green pepper (or dried pepper)  
2 teaspoons Worcestershire sauce  
salt to taste  
celery salt to taste  
dash of wine vinegar (optional)

Add:

1 big sweet pickle or  
2 small sweet pickles  
1 medium to small dill pickle

Blend briefly, but do not puree the pickles. You can add more or less of any ingredient to vary the flavor to suit your own taste.

## HONEY SALAD DRESSING

3 egg yolks  
1/2 cup strained honey  
1 teaspoon sugar  
1/3 cup lemon juice  
grated lemon rind  
1/2 cup sweet whipped cream

Beat eggs until frothy. Add honey, sugar, lemon juice and rind. Put in double boiler and cook, stirring constantly until thick as cream. When cooked, add the whipped cream.

## SUMMER SALAD

Shred one head of lettuce by hand into a large bowl.

Dice 1/2 red onion over lettuce. Spread 1 package frozen peas over the diced onions. Mix 1 cup of mayonnaise with 2 teaspoons sugar and spread over the peas. Sprinkle shredded cheddar cheese over the mayonnaise. Sprinkle generously with bacon bits. Cover and refrigerate overnight.

## SALADS & DRESSINGS

## OREGANO-TOMATO SALAD

1 pound firm tomatoes  
1 teaspoon ground oregano  
1 teaspoon sugar  
1 teaspoon salt  
freshly ground pepper  
2 white onions  
2 tablespoons dry white wine  
2 tablespoons oil  
chopped parsley

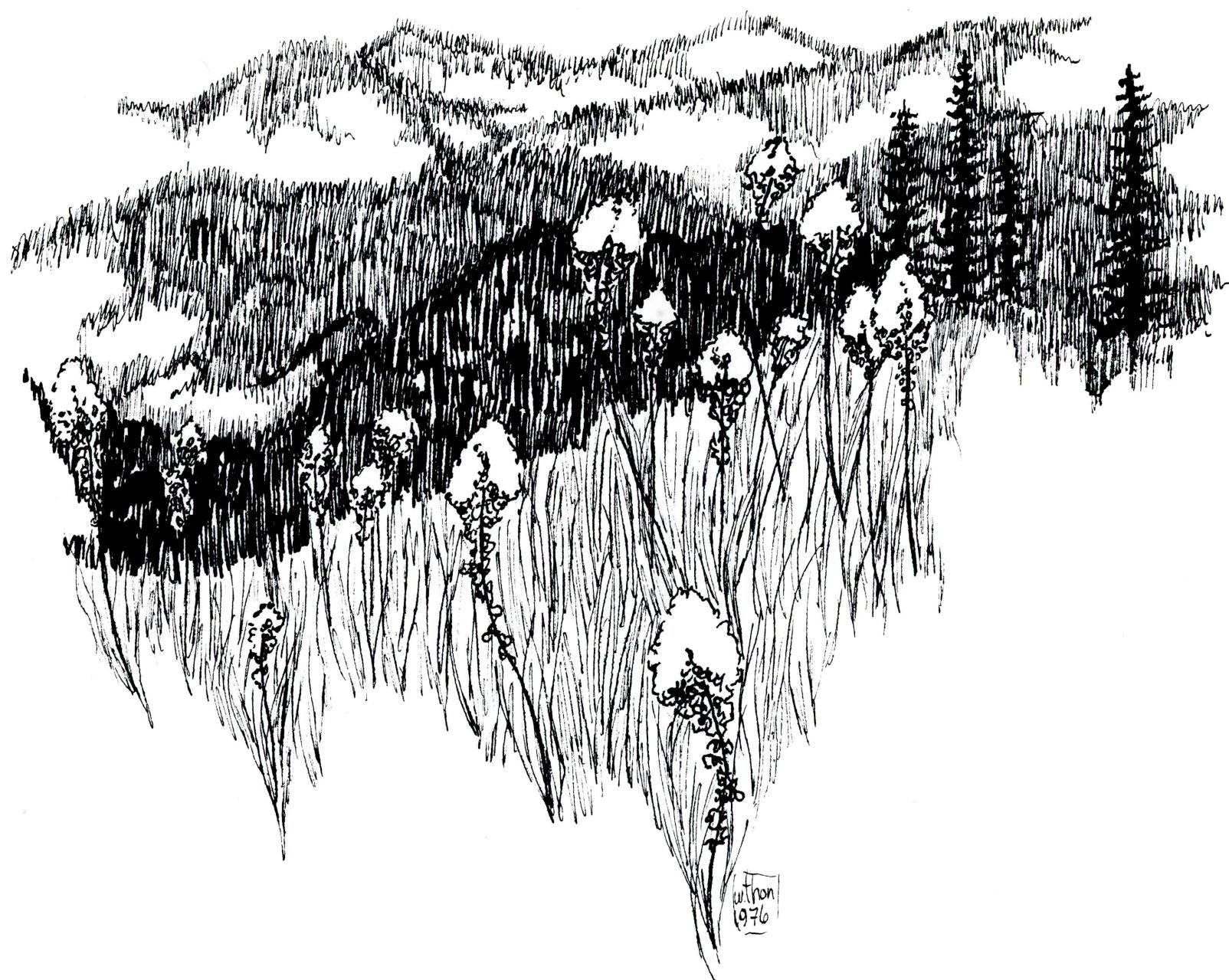
Wash, dry and slice tomatoes; peel and thinly slice onions. Layer tomatoes and onions in bowl. In another bowl mix together seasonings, add oil and wine, stir until well-mixed. Pour over tomatoes and onions and refrigerate several hours. Serve sprinkled with chopped parsley.

## PARSLEY SALAD

1 very large bunch parsley  
4 shallots (or green onions)  
1 pound tomatoes  
leaves from 5 or 6 sprigs mint  
1 cucumber  
1/2 pound cracked wheat  
juice from 6 large lemons  
1 cup oil  
pinch chili powder  
salt

Wash parsley, shallots, tomatoes and mint. Chop parsley, shallots (including green tops), and mint very finely. Peel and chop tomatoes and cucumber very fine. Combine prepared vegetables, wheat, lemon juice, oil, chili powder and salt in bowl; mix well.

# **VEGETABLES**



W. Thon  
1976

## MUSHROOM & VEGETABLE CASSEROLE

1 pound mushrooms  
1 pound asparagus tips  
1 pound broccoli  
1 pound green beans  
2-1/2 cups basic cream sauce

Butter a large casserole and layer vegetables, moistening each layer with a little cream sauce, adding the rest of the sauce to top. May be garnished with grated cheese. Bake in 350 degree oven for 20 minutes or until vegetables are tender.

### Basic Cream Sauce:

2 tablespoons butter  
2 tablespoons flour  
1/2 teaspoon salt  
1 cup rich milk  
1/4 teaspoon pepper  
1 egg yolk

Melt butter in saucepan, add flour and stir until smooth. (Best made in double boiler). Add the salt and the milk very slowly, stirring continuously so it will not lump. Add the pepper and cook 3 or 4 minutes. When ready to serve, stir in beaten egg yolk.

## BAKED BEANS-NEW ENGLAND STYLE

3 cups dried beans  
1/2 pound bacon (cubed)  
1 teaspoon salt  
1/4 cup brown sugar  
2 teaspoons dry mustard  
1 cup dark molasses  
2 tablespoons vinegar  
2 tablespoons onion  
1/2 cup tomato juice

Soak beans overnight. Drain. Cover with 2 quarts water and boil 20 to 30 minutes. Drain. Combine other ingredients. Pour over beans in pot. Cover. Cook 6 hours, adding water as needed. Stir every hour. Excellent with beef bacon. May be frozen.

## VEGETABLES

## TANGY GREEN BEANS

3 slices bacon  
3 tablespoons bacon drippings  
2 tablespoons chopped onion  
3 tablespoons vinegar  
1/4 teaspoon salt  
1/8 teaspoon garlic salt  
pint of green beans or  
1 no. 2 cut green beans (drained)

If home-canned beans are used, they should first be boiled 15 minutes. Brown bacon in skillet. Remove and break into small pieces. Brown onion in drippings. Measure 3 tablespoons drippings and blend vinegar and seasonings with bacon, beans and drippings. Heat thoroughly in 350 degree oven and serve. (Serves 4)

## CORN FRITTERS

1-1/2 cups flour  
2-1/2 teaspoons baking powder  
1 teaspoon salt  
2 teaspoons sugar (optional)  
2 eggs  
1/4 cup milk  
1 cup cream style corn

Mix above ingredients. Drop by teaspoons in hot grease and deep fry.

## VEGETABLES

### BROCCOLI ALICIA

- |     |                                  |
|-----|----------------------------------|
| 2   | packages frozen chopped broccoli |
| 1/4 | cup oil                          |
| 1/4 | cup grated parmesan              |

Prepare broccoli according to package directions. Drain very well. Saute in oil. Sprinkle parmesan over top.

### RICE BROCCOLI

Cook like package:

1-1/3 cups minute rice — with equal amounts of rice

Saute:

3 green onions in 2 tablespoons oil

Mix:

- |   |                           |
|---|---------------------------|
|   | rice and onions           |
| 1 | can cream of chicken soup |
| 1 | can water                 |
| 1 | package chopped broccoli  |
| 1 | small jar Cheesewhiz      |

Cook all above ingredients until thick (about 30 minutes). Serve immediately.

### SWEET-SOUR CABBAGE

- |     |                            |
|-----|----------------------------|
| 1/2 | head cabbage, cut fine     |
| 1/4 | cup vinegar                |
|     | some chopped onion         |
| 3   | cups water                 |
| 1   | tablespoon lard            |
|     | butter, about a tablespoon |

Place chopped onion and lard in kettle and simmer onions (being careful not to brown them). Add vinegar, water, cabbage, and sugar and salt to suit taste. Cook slowly until cabbage is done; add more water if needed

during cooking period.

### HUNGARIAN CABBAGE

- |     |   |
|-----|---|
| 2   | slices bacon  |
| 2   | quarts coarsely shredded cabbage<br>(about 1 pound) |
|     | pepper as desired                                   |
| 3/4 | teaspoon salt                                       |
| 2   | tablespoons vinegar                                 |
| 2   | tablespoons water                                   |

Fry bacon until crisp; remove from pan. Add remaining ingredients to fat in pan. Cover tightly and cook over low heat, stirring occasionally, for 20 to 25 minutes. Cabbage should be tender but crisp.

### ARTICHOKE HEARTS WITH HOLLANDAIS SAUCE

- |     |                                |
|-----|--------------------------------|
| 1   | no. 2-1/2 can artichoke hearts |
| 1   | cup bread crumbs               |
| 1/4 | cup melted butter              |
| 1   | cup thick Hollandais sauce     |
| 1/4 | cup grated sharp cheese        |
|     | paprika                        |

Rinse artichoke hearts with cold water. Drain. Place standing up in a buttered 1-1/2-quart casserole. Combine bread crumbs and melted butter. Sprinkle over artichoke hearts. Put in moderate oven (375 degrees) for about 15 minutes or until artichokes are heated through. Then cover with Hollandais sauce; sprinkle with cheese and a dash of paprika. Return to oven for 5 or 6 minutes to melt cheese and brown lightly. Serve at once.

## DELICIOUS BEET GREEN PIE

Use your favorite flour pastry shell.

Filling:

- 2 pounds beet greens, chard or fresh spinach, washed and coarsely chopped
- 1 onion, chopped
- 1 tablespoon butter
- 1 clove garlic, chopped (optional)

Topping:

- 1-1/2 cups grated mild yellow cheese
- 1/4 cup grated parmesan cheese
- 1/2 cup heavy cream with enough milk to make it pour easy or yogurt and dry milk with enough milk to thin
- salt and pepper

Filling: Saute beet greens and onions in butter until greens wilt somewhat, about 10 minutes. Pour into pie crust.

Topping: Spread cream mixture to cover the greens. Sprinkle cheese to cover evenly. Salt and pepper to taste. Bake 1/2 hour or until cheese melts and bubbles. Bake at 325 degrees.

## TOMATO COCKTAIL

- 1 peck ripe tomatoes
- 7 medium onions
- 1 bay leaf
- 2 whole cloves
- several sprigs of parsley
- 2-3 green peppers
- 1 bunch celery
- 10 teaspoons salt

Cook until blended; sieve and cook to a gentle boil. Put in sterile jars and seal. Makes 4 or 5 quarts.

## SLICED GREEN TOMATOES

- 2-3 average-sized green tomatoes
- 3 cups cold water
- 2 tablespoons salt
- 2/3 cup flour
- 1/4 teaspoon pepper
- 1-1/2 cups butter

Wash green tomatoes. Slice "not too thin". Soak in cold water with salt for 10 minutes. Drain off salt water. Mix white pepper. Dip sliced tomatoes in flour mixture. Heat skillet on medium heat with butter or lard; fry until golden brown. Serve with lemon.

## STUFFED ZUCCHINI BOATS

- 6 medium zucchini (2 pounds)
- 1 12-ounce can (1-1/2 cups) whole kernel corn (drained)
- 2 ounces sharp process American cheese (shredded 1/2 cup)
- 2 beaten eggs
- 1 teaspoon seasoned salt
- green onion

Cut ends off zucchini but do not pare. Cook in boiling water for 5 to 7 minutes. Drain. Cut in half lengthwise. With tip of spoon carefully scoop out centers, leaving 1/4-inch shell. Dice scooped out squash and drain excess liquid. Sprinkle diced squash and shells with a little salt. Combine eggs, corn, green onion, seasoned salt and diced squash. Spoon lightly into zucchini shells. Bake uncovered in 350 degree oven for 25 minutes. Sprinkle cheese over top and bake 4 to 5 minutes more. Makes 6 servings.

## VEGETABLES

## VEGETABLES

### MOZZARELLA-SPINACH BAKE

- |     |  |
|-----|--|
| 8   | slices enriched bread, crusts removed    |
| 8   | (1-ounce) slices Mozzarella cheese       |
| 1   | 10-ounce package frozen, chopped spinach |
| 1/4 | cup pizza sauce                          |
| 2   | cups milk                                |
| 1/2 | teaspoon salt                            |
| 3   | eggs                                     |
| 1/4 | teaspoon paprika                         |

At your leisure: place 4 bread slices in an 8-inch square baking dish. Arrange 4 cheese slices over bread. Heat spinach in a small amount of boiling, salted water just until thawed; drain. Spread spinach evenly over cheese slices. Top with pizza sauce, remaining cheese and bread slices. Cover closely and refrigerate.

When mealtime approaches: combine milk and salt with beaten eggs; pour over sandwiches. Sprinkle paprika over top. Bake at 350 degrees about 45 minutes or until brown.

### SCALLOPED POTATOES

- |     |                                   |
|-----|-----------------------------------|
| 1   | can condensed cheddar cheese soup |
| 1/2 | cup milk                          |
|     | dash pepper                       |
| 4   | cups sliced potatoes              |
| 1   | small onion, chopped              |
| 1   | tablespoon butter                 |

Blend soup, milk, and pepper together in bowl. In buttered 1-1/2-quart casserole, arrange alternate layers of potatoes, onion, and sauce. Dot top with butter. Cover; bake in a 375-degree oven for 1 hour. Uncover; bake 15 minutes more. 4 to 6 servings.

### FLORENCE's POTATOES

Whip cooked potatoes. Roll in 1 egg, beaten, with 1 tablespoon milk. Roll in corn flakes. Bake — dotted with butter, 30 minutes at 375 degrees.

## STUFFED SQUASH

Select a heavy shelled squash. Wash. Remove top, seeds and membranes. Place in baking pan. Bake in moderate oven (350 degrees) 30 minutes. Prepare any desired combination of vegetables, such as carrots, cabbage, celery, potatoes and onion, with chopped meat. Season with salt and pepper. Pack lightly in squash. Bake at 350 degrees about 2 hours.

### SLIGHTLY ORIENTAL ZUCCHINI

- |     |                                |
|-----|--------------------------------|
| 1   | medium onion, chopped          |
| 1   | tablespoon butter or margarine |
| 2   | cups water                     |
| 4   | cups chicken broth             |
| 1   | tablespoon soy sauce           |
| 1/2 | cup dried barley               |
| 1   | large zucchini, sliced         |
|     | salt and pepper to taste       |

Saute onions in butter until transparent. Add water, broth and soy sauce. Bring to a boil. Add barley and bring to a second boil. Reduce heat and simmer 40 minutes. Add sliced zucchini and simmer until tender, about 12 minutes. Season to taste and serve. Makes 4 generous servings.

### ORANGE SWEET POTATOES

- |     |                               |
|-----|-------------------------------|
| 6   | sweet potatoes                |
| 1   | cup orange juice              |
| 2   | teaspoons orange rind, grated |
| 1   | teaspoon corn starch          |
| 3   | teaspoons butter              |
| 1/3 | cup brown sugar               |
| 1/3 | cup white sugar               |
|     | pinch salt                    |

Cook potatoes, peeled and cut in 1/2-inch slices. Place in baking dish. Combine all ingredients; cook until thick. Pour over sweet potatoes. Bake at 350 degrees for 35 minutes. Cover with small marshmallows.

## SWEET POTATO PUDDING

6	large sweet potatoes
1	cup cream
	salt and pepper
2/3	cup packed brown sugar
2	tablespoons lemon rind
	juice of 1 lemon
6	egg whites, beaten
1	teaspoon cinnamon
1	teaspoon ground ginger
1/2	teaspoon ground cloves
1/3	cup good brandy
6	egg yolks, beaten

Boil the potatoes until tender; remove the skins and mash. Stir in all the ingredients, folding in the stiffly beaten whites last. Fill the greased baking dish with the potato mixture and set in pan of hot water. Bake at 350 degrees for 30 minutes. Test with a silver knife. Nice to serve with roast turkey.

## RIDGEWAY ROAD YAMS

1	stick butter (1/4 cup)
1	6-ounce can frozen orange juice (undiluted)
16	large marshmallows
	boiled yams or 1 large can yams

Melt first 2 ingredients together. Arrange yams in a 13 x 9 baking pan. Pour mixture over yams. Arrange marshmallows on top. Bake 30 minutes at 375 degrees.

## PEAS A LA FRANCAISE

1	quart shelled green peas or
2	12-ounce packages frozen peas
1	small head lettuce or outside leaves of 2 heads
1/2	cup small pickling onions
2	tablespoons sugar
1/4	pound butter
1/2	cup water
	salt and pepper

Put peas in a heavy saucepan with close-fitting lid. Add the lettuce, onions, sugar and butter and water. Season with salt and pepper to taste. Cook covered for about 15 minutes. Then remove lid and cook until liquid has just evaporated. Remove the lettuce. Serve peas in a hot dish and garnish with the onions.

## DANISH CUCUMBERS

1	large cucumber
1	teaspoon salt
3	tablespoons sugar
1/3	cup vinegar

Wash and slice unpeeled cucumber in thin, thin slices. Sprinkle with salt and sugar; add vinegar. Press slices with back of a spoon until salad is quite juicy. Best if made the night before or several hours before serving. Will keep two weeks refrigerated.

## VEGETABLES

## **SAUCES, SOUPS, DIPS & GRAVIES**



**SOUR CREAM SAUCE**  
(Yield: 1 cup)

1 cup sour cream  
1 tablespoon chopped fresh or frozen chives or green onion tops  
1/4 teaspoon salt  
3 drops Worcestershire sauce  
white pepper, as desired

Combine all ingredients thoroughly at least 2 hours before serving. Refrigerate. Serve at room temperature or slightly chilled. Can be served with broccoli or baked potatoes.

**LOW-FAT BASIC WHITE SAUCE**

1-1/2 teaspoons sodium alginate(bought at Health Food Store)  
1 cup water  
pepper  
1 tablespoon margarine  
1/4 teaspoon salt  
1/3 cup dry or powdered milk

Stir alginate in water and set aside to thicken (about 15 minutes). Combine seasoning and milk in top of double boiler or small sauce pan. Add alginate mixture gradually over low heat. Stir constantly. Heat until sauce is smooth and thick. Then stir in margarine.

For Mornay Sauce, add 1 ounce of swiss or gruyere cheese while heating.

**VANILLA HARD SAUCE**

1/3 cup soft butter or margarine  
1 teaspoon vanilla extract  
1 cup unsifted confectioners sugar

In small bowl, cream butter until light. Add vanilla and sugar; beat until fluffy and smooth. Makes about 3/4 cup.

**BUTTERSCOTCH SAUCE**

2 cups brown sugar  
1/2 cup Karo syrup  
2 tablespoons butter  
1 cup whipping cream

Boil first 3 ingredients until quite thick. Beat into 1 cup stiffly-beaten cream. Use water to liquify.

**BARBECUE SAUCE OR MARINADE**

1/2 cup brown sugar  
1 cup chili sauce  
1/2 cup vinegar  
1/2 cup pineapple juice  
2 teaspoons prepared mustard  
2 teaspoons Worcestershire sauce  
1/2 cup salad oil

Combine ingredients and stir until sugar is dissolved. Store in container in refrigerator until ready to use. Shake before using.

**BARBECUE SAUCE**

1 finely-chopped onion  
1 tablespoon oil  
1/2 cup tomato puree  
3/4 cup water  
2 tablespoons vinegar  
1 tablespoon Worcestershire sauce  
1 teaspoon salt  
1 teaspoon paprika  
1/4 teaspoon black pepper  
1 teaspoon curry powder  
1 tablespoon brown sugar

Heat oil in saucepan, add finely-chopped onion, and cook until brown. Add remaining ingredients and simmer, stirring for about 5 minutes. Strain through fine strainer. Makes approximately 1-1/2 cups.

QUICK VEGETABLE SAUCE  
(2 cups)

- 1 can (10½ ounces condensed cream of vegetable, celery or mushroom soup  
1/2 cup half-and-half or table cream

Combine ingredients and heat. Serve over vegetables, meat, or fish.

LEMON-BUTTER SAUCE  
(1/3 cup)

- 1/4 cup melted butter or margarine  
3/4 teaspoon salt  
3/4 teaspoon paprika  
1 teaspoon lemon juice  
2 teaspoons prepared horseradish

Mix all ingredients well. Serve hot over vegetables or fish.

MOCK HOLLANDAISE SAUCE  
(1 cup)

- 1 cup thick white sauce  
2 egg yolks, slightly beaten  
2 tablespoons lemon juice

Make 1 cup of thick white sauce. Add a little hot white sauce to beaten egg yolks, then stir egg mixture into remaining white sauce. Cook 1 minute over low heat. Stir in lemon juice. Serve immediately. Can be served with asparagus, broccoli, or spinach.

SPAGHETTI SAUCE

- 2 tablespoons garlic salt  
2 tablespoons celery salt  
2 tablespoons onion salt  
1/4 cup vinegar  
3 small cans tomato paste

salt  
pepper

Brown 4-5 pounds hamburger. Salt and pepper. Add remaining ingredients, cover and simmer for at least 6 hours.

COMPROMISE SPAGHETTI SAUCE

- 1 7-ounce can oil-packed tuna fish, drained well (to drain tuna, open can all the way with can opener, turn can upside down and squeeze lid tightly against contents)  
1 16-ounce can tomato sauce  
1 small chopped onion  
1 8-ounce can mushroom stems and pieces  
1 teaspoon oregano  
black pepper to taste

Stir all of the above together in a saucepan, preferably non-aluminum and cook gently, covered, until onion is tender. Meanwhile cook enough spaghetti for 3 or 4 people according to directions on package but do not rinse. (If directions say to use oil to keep the spaghetti from sticking, use some of the tuna oil). Serve sauce over spaghetti and with grated Monterey Jack or some other cheese or canned powdered parmesan cheese. Serve with garlic toast and a green salad.

ASPIC

- 1 large box lemon jello  
2 cups boiling tomato juice  
2 cups cold tomato juice  
salt and pepper to taste  
chopped onion, celery, green olives, crab or shrimp  
dash powdered horseradish

Dissolve jello in boiling juice. Add cold juice and spices. Chill until thick; fold in chopped celery, onions, olives, and fish. Pour in ring mold and chill until firm.

### SPAGHETTI SAUCE

- 1 pound hamburger
- 1 large onion
- 1 clove garlic
- 1 tablespoon oil

Saute onion and very finely-diced garlic in oil over low heat. Add hamburger, increase heat and cook until red color disappears. In another large kettle put:

- 1 No. 303 can tomato paste
- 1 can hot enchilada sauce
- 1 can mushrooms
- 1 small can tomato sauce
- 1/2 46-ounce can tomato juice
- 1/2 teaspoon oregano
- 1/2 teaspoon pepper
- 1 teaspoon salt
- 2 tablespoons Worcestershire sauce
- 2-3 dashes Tobasco
- 1 tablespoon dried parsley flakes

Add hamburger mixture and cook over a very low heat at least 3 hours. If too thick, add more tomato juice. Serve over long spaghetti with mozzarella cheese.

### JIFFY KETCHUP

When you are temporarily out of ketchup, the following mixture makes a quick and tasty substitute. Mix together one cup tomato juice or puree, a medium-chopped onion, vinegar, sugar, salt, pepper and spices to taste. Simmer on low heat while rest of the meal is cooking.

### BEAN SOUP

About 18 hours before desired serving time, set 1 cup small white navy beans to soak. Rinse them and check for rocks.

4 hours before serving time, put the meat and bones of 1 or 2 leftover ham roasts on to boil in a kettle with enough water to cover them. Trim and discard as much fat as possible beforehand. Put in beans, 1 teaspoon cumin, 1/4 teaspoon black pepper and 1/4 teaspoon salt. After it boils, simmer it for 2 hours. Then add another teaspoon cumin and 1/4 teaspoon pepper and probably 2 or 3 more cups water. After 1 hour more of cooking, remove the bones and set them aside to cool. Leave the other ingredients simmering. When the bones are cool enough to handle, take all the remaining meat and scoop out any marrow in the bones and put the meat and marrow back into the soup. Discard gristle. If meat does not come off easily, it has not cooked long or hard enough. One-half hour before serving, put a small medium-sized peeled and diced onion in. Mash beans and stir well while serving.

### COLD STRING BEAN SOUP

- 1 to
- 1-1/2 pounds fresh string beans, cut
- 1-1/2 quarts water
- 1 tablespoon salt
- 3 tablespoons flour
- 3 tablespoons white vinegar
- 1 quart milk

Cook the string beans in boiling water until almost tender, about 20 minutes. Leave the string beans in the cooking liquid. Stir the flour and vinegar into a paste. Blend the paste and milk into the soup, and cook for another 10 minutes, or until the string beans are tender. Let the soup cool and serve chilled. Makes 6 to 8 servings.

### VICHYSSE

1/2 small onion, diced  
1-1/2 cups chicken broth  
1 teaspoon salt  
dash pepper  
1-1/2 cups chopped, cooked potatoes  
1 cup dairy cream

Blend. Serve chilled. Serves 4.

### COLD BEET SOUP (BORSCHT)

4-5 fresh beets, peeled and diced  
2 quarts water  
1 tablespoon salt  
1 tablespoon white vinegar  
1 tablespoon lemon juice  
1 tablespoon sugar  
1 cup sour cream

Cook beets in boiling salted water until tender, about 30 or 40 minutes. Remove from heat and leave the beets in the cooking liquid. Add remaining ingredients, blending in the sour cream thoroughly. Let soup cook, and serve chilled. 6 to 8 servings.

### HAMBURGER SOUP

1 pound hamburger  
1 cup potatoes, diced  
1 cup celery, diced  
1 cup carrots, diced  
1 small onion, diced  
1 2-cup can of tomatoes  
1 teaspoon basil  
1/2 teaspoon thyme  
1 teaspoon parsley  
salt and pepper to taste

Saute hamburger. Add 1-1/2 quarts water to large kettle. Drain most of the fat off the hamburger and add all other

ingredients except tomatoes; heat to boiling. Reduce heat; cover and simmer 20 minutes. Add tomatoes; cover and simmer 10 minutes longer or until vegetables are tender. Serves 6.

### MINESTRONE HAMBURGER SOUP

1 pound ground beef  
1 cup onion, chopped  
1 cup raw potato, cubed  
1 cup raw carrots, sliced  
1/2 cup celery, diced  
1/2 cup cabbage, shredded  
1 No. 2 can tomatoes (2-1/2 cups)  
1/4 cup rice  
1 small bay leaf  
1/2 teaspoon dried thyme leaves  
1/4 teaspoon dried basil leaves  
salt and pepper to taste  
1-1/2 quarts water  
grated cheese, if desired

Cook beef with onion until slightly browned; add potato, carrot, celery, cabbage and tomatoes. Bring to a boil. Sprinkle in rice; add bay leaf, thyme, basil and salt and pepper. Add water and simmer covered for 1 hour. Serve with grated cheese if desired. 5 servings.

### CABBAGE CHOWDER

4 cups coarsely shredded cabbage  
3 cups diced potatoes  
2 cups sliced carrots  
3 cups water  
1 tablespoon salt  
1/2 teaspoon sugar  
1/2 teaspoon pepper

Add enough water to cover vegetables. Be sure potatoes and carrots are sliced thin so they will be tender in 10-20 minutes. Cover while the vegetables cook. Drain water off. Add 4 cups scalded milk. When ready to serve, add 2 tablespoons butter.

### CREAM OF PEANUT SOUP

1	medium onion, diced
2	stalks celery, chopped
1/4	cup butter
3	tablespoons flour
2	quarts chicken broth or bouillon
1	16-ounce jar peanut butter, creamy
2	cups light cream
	salt and pepper
	garlic powder and paprika (optional)

Saute onion and celery in the butter in a 6-8 quart dutch oven. Blend in flour to make a soup thickening. Add chicken broth and bring to a boil. Remove from heat and add peanut butter and cream. Blend in thoroughly with mixer; season to taste. Heat soup thoroughly, stirring constantly, but do not boil. Cream of peanut soup can be served hot or cold.

### BIG GRAM'S FISH CHOWDER

2	pounds fish (haddock, cod, etc.)
3	onions (sliced very thin)
4	potatoes (cubed)
1	quart milk (more may be needed later)
1	small can evaporated milk
1/2	pound salt pork (cubed)
2	tablespoons butter

Boil fish until well done. Remove skin and bones. Set to cool. Saute cubed pork in frypan until brown. Put on paper towel to crisp. Add sliced onion to frypan and saute until soft. Add a bit of water to prevent onions from getting too brown. Boil cubed potatoes until soft. Drain. Heat milk. Add butter, onions, potatoes, fish, salt and pepper (to taste) and evaporated milk. Dot top with pork pieces. (This is better the second day after refrigeration. Never refrigerate while hot! Milk will curdle). Serve with crackers and pickles.

### ONION GRAVY

1	envelope onion soup mix (Lipton)
2-1/2	cups boiling water

Simmer covered 10 minutes. Gradually add:

2	tablespoons flour mixed in
1/2	cup water

Cook, stirring constantly until thickened. Makes about 2-3/4 cups.

### GARLIC GRAVY

Brown 1 tablespoon shortening and 1 tablespoon flour. Add 2 tablespoons chopped garlic, 1 cup water, 2 tablespoons vinegar, and 1 tablespoon sugar.

### TOMATO GRAVY

Melt 3 tablespoons shortening. Add 5 tablespoons flour and brown. Add 2 cups tomato juice, 3/4 cup sugar and 1 teaspoon salt. Add a little water for thinning gravy.

### DILL GRAVY

Brown 1 tablespoon shortening and 1 tablespoon flour. Add chopped dill and 1/4 teaspoon salt.

**BLENDER CHEDDAR CHEESE DIP**

- |     |                                    |
|-----|------------------------------------|
| 1   | 8-ounce package cream cheese       |
| 3/4 | cup milk                           |
| 1/4 | cup beer                           |
| 1/2 | pound sharp cheddar cheese (cubed) |
| 1   | clove garlic (cut up)              |
| 3   | medium-sized dill pickles (cut up) |

Combine cream cheese and milk in a blender, cover, and blend at high speed for 10 seconds. Add beer, cheddar cheese and garlic. Cover and blend until smooth. Add pickles and blend for 3 seconds. Place in serving bowl and chill. Serve with potato chips.

**ROSE HIP JELLY (J.P.K.)**

- |   |  |
|---|--|
| 1 | pint cleaned rose hips                     |
|   | peelings from two medium-sized tart apples |

Cover with water in sauce pan and cook until tender, then crush and strain through a jelly bag.

Mix 2 cups of this juice and 2 cups sugar and bring to boiling point. Add 1/2 cup lemon juice and boil for 15 minutes. Test for jelly every few minutes. Do not over boil as the liquid toughens if boiled too long. Pour into sterilized jelly glasses and seal with paraffin.

**KELLY'S BARBECUE SAUCE (J.P.K.)**

Mix together:

- |       |                             |
|-------|-----------------------------|
| 1     | gallon tomato sauce         |
| 1     | gallon water                |
| 1     | pound brown sugar           |
| 1-1/2 | ounces salt                 |
| 6     | ounces Worcestershire sauce |
| 2     | ounces chili powder         |
| 1     | teaspoon black pepper       |
| 1     | tablespoon salt             |
| 1/3   | cup Wright's liquid smoke   |

- |   |  |
|---|--|
| 6 | envelopes clear gelatin dissolved in water |
|---|--|

Bring to a boil then on low heat simmer for 30 minutes to blend all ingredients. Store in cool place. Makes approximately 2 gallons. If hot barbecue sauce is desired, add to ingredients 1 tablespoon cayenne pepper or three chili tipinos.

**KELLY'S BARBECUE SAUCE NO. 2 (J.P.K.)**

- |       |                                   |
|-------|-----------------------------------|
| 1     | pint water                        |
| 1     | quart soy sauce                   |
| 1/2   | pound Au Jus seasoning            |
| 1-1/2 | cups vinegar                      |
| 2     | tablespoons Wright's liquid smoke |
| 1     | tablespoon chili powder           |

Use this sauce to marinate short ribs, pork, uncured ham, etc. Marinate 1/2 to 1 hour, depending on the amount of meat. Place in oven after wrapping meat in foil. Cook slowly, basting with No. 2 sauce occasionally.

**MARINATING SAUCE FOR SPARE RIBS AND FOWL (J.P.K.)**

- |       |                             |
|-------|-----------------------------|
| 1     | gallon vinegar              |
| 3     | gallons water               |
| 1     | gallon soy sauce            |
| 3-1/2 | ounces whole pickling spice |
| 1     | tablespoon chili powder     |

Marinate both spare ribs and fowl 30 minutes in sauce before cooking. Salt spare ribs generously before cooking. Mop both spare ribs and fowl generously with sauce as they cook, leaving on any spices that cling to the meat.

**FOR FISH (J.P.K.)**

Form tray around fish with aluminum foil at least 1 inch deep. After laying fish in tray, pour in No. 2 barbecue sauce to approximately 1/2 inch depth. Cover top of tray with foil and cook in oven. When done, garnish with lemon slices and parsley. Leave in sauce to serve.

**BARBECUE BEEF ROAST (J.P.K.)**

Prepare aluminum tray about 1 inch deep. Pour in approximately 1 inch of No. 1 barbecue sauce. Place roast in tray and cover with foil. When roast reaches 150 degrees with meat thermometer, uncover top and brown. Baste roast entire cooking time with its own juices.

**HAMS (J.P.K.)**

Form aluminum foil tray approximately 2 inches deep. Place ham in tray and pour over it the marinating sauce listed for spare ribs and fowl, to approximately 1 inch depth. Cover ham with foil and cook in oven slowly. Baste often with sauce. When ham has reached 160 degrees with meat thermometer, uncover and brown. Garnish cooked ham with stick cinnamon, pineapple slices and parsley.

**PICKLES, RELISHES, JAMS,  
JELLIES & SYRUPS**



### DILL PICKLES

13	cups water
1	cup vinegar
1/2	cup salt
2	tablespoons sugar
1	ounce mixed spices and dill

Wash and wipe medium-sized cucumbers and pack in quart jars with dill in the bottom. Boil water, salt and vinegar and spices and sugar. While boiling hot, pour over cucumbers and dill in jars and seal.

### BREAD AND BUTTER PICKLES

8	cups sliced cucumbers
2	cups sliced onions
2	teaspoons celery seed
2	cups vinegar
3	cups sugar
1	stick cinnamon
2	teaspoons powdered turmeric
2	teaspoons mustard seed
4	green peppers, finely chopped

Slice cucumbers and let stand 3 or 4 hours or overnight. Sprinkle 2 tablespoons of salt over cucumbers so that a brine forms. Pour off brine and put in onions and pepper into the syrup made of spices, vinegar and sugar, and let boil until the cucumbers become transparent. Sterilize jars in boiling water. Fill jars and seal.

### SWEET PICKLES

1	cup sugar
1	cup water
1	cup vinegar
1	teaspoon salt

Cook the water, sugar, salt and vinegar. Pour on cucumbers in sterilized jars. Add dill and slice of onion. Seal jars.

### FREEZER PICKLES

2	large cucumbers (sliced thin), do not peel
2	medium onions

Mix these cucumbers and onions, add 2 tablespoons of pickling salt and cover with water. Let soak for 2 hours.

Make a syrup of:

1-1/2	cups sugar
3/4	cup vinegar

Boil this combination just until the sugar is melted. Set aside to thoroughly cool.

Drain the cucumbers and onions, squeezing out all of the water. Pack them into a plastic container, cover this with the vinegar mixture. They can be frozen, but they are very good if just kept in the refrigerator and eaten as desired. To add a special taste to them, add 1 tablespoon celery seed to the liquid when it is poured over the cucumbers and onions.

### QUICK OR "NEW" DILL PICKLES

Place a layer of chopped dill weed, about 1 whole stalk, and 1 or 2 garlic cloves on the bottom of a quart jar. Fill the jar with small, firm pickling cucumbers. Place another layer of dill and garlic on top of the cucumbers. Cover completely with salt brine: 1-1/2 tablespoons pickling salt to 1 quart water. Cover jar with standard screw-on lid or aluminum foil, and store in cool place. Pickles will be ready in 5 days. Discard the top layer of dill before serving and refrigerate. The recipe can be multiplied for larger containers.

### DILLED GREEN TOMATOES

Use only firm green tomatoes. Pack the jars according to the recipe for Quick Dill pickles. Add 1/3 cup white vinegar to each quart of salt brine. The tomatoes may be cut up, but discard any turning red on the inside. Store the tomatoes 4 to 5 weeks before serving.

### ICE BOX PICKLES

8      cups sliced cucumbers  
1      cup chopped onion  
1      green pepper, chopped

Pour this mixture (do not heat) that follows over the above:

2      tablespoons salt  
1      teaspoon celery seed  
1      cup cider vinegar  
2      cups sugar

Store in refrigerator in covered container. Very good for weeks when fresh cucumbers are in the garden. Quick – Easy – and G-o-o-d!

### GREEN TOMATO RELISH

24     large green tomatoes  
4      green peppers  
8      large onions  
2      red peppers

Run through food chopper and sprinkle with salt. Let stand overnight. Put in kettle with 2 cups vinegar, 3 cups water, 4 cups sugar, 2 tablespoons mustard seed or dry mustard, 2 tablespoons salt, and 2 tablespoons celery seed. Boil altogether for 15 minutes and seal in hot sterilized jars. Makes 8 to 10 pints.

### ZUCCHINI RELISH

Grind and let set overnight:

10     cups zucchini - unpeeled  
4      cups onions  
5      tablespoons salt

Next morning put zucchini, onions, salt and the juice in a big pan, then add:

2-1/2    cups vinegar  
6        cups sugar  
1        tablespoon mustard  
1        tablespoon turmeric  
2        tablespoons celery seed  
1        tablespoon nutmeg  
1        tablespoon cornstarch  
1/4      teaspoon pepper  
1        red pepper - ground  
1        green pepper - ground

Boil for 25 minutes. Put in sterilized jars and seal.

### TOMATO MINCE MEAT

1-1/2    pints chopped tart apples  
1        pint chopped green tomatoes  
2        teaspoons cinnamon  
1        teaspoon salt  
1        teaspoon allspice  
1        teaspoon cloves  
1        pound raisins  
1        cup suet  
3        cups sugar

Peel and chop apples or grind. Mix all ingredients together. Bring to a rapid boil and simmer until thick. Pour into sterilized jars and seal.

PICKLES,  
RELISHES,  
JAMS,  
JELLIES,  
SYRUPS

### PEACH CHUTNEY

3 quarts peaches (peeled and sliced)  
1 quart sugar  
1 cup lemon juice

Use peaches that are not suitable for canning or freezing. Boil together to heat and place in 300 degree oven, uncovered, for 3 hours. Drain juice off peaches and to the juice add:

2 cups seedless raisins  
2 tablespoons preserved ginger (cut)  
1/2 cup vinegar  
1/2 teaspoon cloves  
1/2 teaspoon allspice  
1/4 teaspoon cayenne pepper

Boil ingredients together and add to peach pulp. Reheat to a boil. Pour into sterilized containers and seal. Serve as an accompaniment with wild game or any type of meat or poultry.

### STRAWBERRY JAM

2 cups mashed berries  
4 cups sugar  
1 package pectin  
1 cup water

Mix berries and sugar and let stand for 20 minutes. Stir pectin into water. Let boil 1 minute, stirring constantly. Remove and add berries. Stir for 20 minutes. Pour into sterilized jars, seal and let stand at room temperature for 24 to 48 hours. Store in the refrigerator.

### PLUM BUTTER

5 pounds plums  
honey

Wash plums and remove all blemishes. Put in kettle and just cover with water. Cook until tender. Put through colander to remove pits and skins. Measure pulp and add 1/2 cup honey for each cup of plum pulp. Return to fire and cook until thick; seal in sterilized jars.

### CHERRY JAM

3 pounds Mongolian cherries or other sour cherry  
1 package pectin  
4-1/2 cups sugar

Wash, pit and grind cherries. Measure and add water to make 3-1/2 cups. Add package of pectin to fruit in kettle, stir well. Place over high heat, bring to boil stirring constantly. Add measured sugar, mix well. Continue stirring and bring to full boil. Boil 4 minutes. Remove from heat, stir and skim several times. Pour into clean scalded jars and seal with parrafin.

### BUFFALO BERRY JELLY

Pick berries after they have been frosted several times. Float leaves and other debris off berries. Place clean berries in enamel or stainless steel kettle and barely cover with water. Bring slowly to a boil over medium heat and boil gently about 15 minutes, stirring occasionally. Pour into jelly bag and squeeze. Do not be concerned about murkey appearance of juice. Follow directions of your favorite pectin, using 5 cups juice and 7 cups sugar to each box pectin.

PICKLES,  
RELISHES,  
JAMS,  
JELLIES,  
SYRUPS

"PEAR AMBER"

- |    |                                 |
|----|---------------------------------|
| 12 | medium-sized pears (4 lbs.)     |
| 2  | large oranges                   |
| 1  | No. 2 can crushed pineapple     |
| 1  | 4-ounce jar maraschino cherries |

Wash and peel pears. Remove cores. Cut into small pieces. Wash oranges, dice or put through food grinder, using the whole oranges. Measure pears, orange and pineapple with juice into preserving kettle. Add 3/4 as much sugar as pulp. Let stand overnight. Cook slowly until transparent and the mixture thickens, about 45 minutes to 1 hour, stirring occasionally. Add thinly-sliced rings of cherries. Cook 5 minutes more. Pour into sterilized jars and seal.

CINNAMON SYRUP

- |       |                        |
|-------|------------------------|
| 1-1/2 | cups sugar             |
| 1     | cup water              |
| 2     | tablespoons corn syrup |
| 1/2   | teaspoon cinnamon      |

In small saucepan combine ingredients and boil, uncovered, 15 minutes until slightly thickened. Makes 1-1/2 cups.

SARVISBERRY SYRUP

To a quart of sarvisberry juice, add juice of 1/2 lemon (strained). Place in large kettle. Add 1-1/2 tablespoons M.C.P. pectin. Stir well. Place over hottest flame and bring to a boil, stirring constantly. Add 6 cups sugar. Mix well. Stir to full rolling boil - 3 minutes. Seal in jars. Makes 3-1/2 pints.

Substitutions: Sarvisberry juice may be substituted with chokecherry, elderberry or juneberry juice.

## **DESSERTS**



## RHUBARB CAKE

1/2 cup shortening  
1-1/2 cups sugar  
1/2 teaspoon salt  
1 egg  
1 cup sour cream or sour milk with 1 tablespoon vinegar or lemon juice  
2 cups flour plus 1 tablespoon  
3 cups of rhubarb (cut in small chunks)

Cream shortening and sugar. Add salt and egg. Add alternately with sour cream and flour. Stir in rhubarb. Sprinkle with topping. Bake at 350 degrees for 45 minutes.

### Topping:

1/3 cup white sugar  
1 teaspoon cinnamon  
1/3 cup brown sugar  
nuts  
granola (optional)

## RHUBARB CAKE

1-1/2 cups brown sugar  
1/2 cup shortening  
1 egg  
1 cup sour milk, buttermilk, or powdered buttermilk  
1 teaspoon soda, dissolved in sour milk  
1/2 teaspoon salt  
2 cups flour  
1-1/2 cups finely chopped rhubarb

Mix together all ingredients except rhubarb just like cake batter, beating it well. Spread 1/2 cake batter in 9 x 13 greased and floured pan. Spread rhubarb over this evenly. Cover with remaining batter, then add on top the following:

### Topping:

1/2 cup brown sugar  
1 teaspoon cinnamon  
1/2 cup chopped nuts, if desired

Mix topping together and sprinkle over top of uncooked batter. Bake at 350 degrees 45-50 minutes. May be served warm or cold with whipped topping or cream.

## APPLE NUT CAKE

4 cups apples, peeled and chopped  
2 eggs, beaten  
2 cups sugar  
1 teaspoon vanilla  
1/2 cup oil  
2 cups flour  
2 teaspoons soda  
2 teaspoons cinnamon  
3/4 teaspoon salt  
1 cup walnuts

Beat together eggs, sugar, vanilla and oil. Sift together flour, soda, cinnamon, and salt. Add flour to egg mixture. Add apples and walnuts; blend. Bake in greased 11 x 7 pan for 1 hour at 325 degrees.

## DESSERTS

## DESSERTS

### WALDORF ASTORIA CAKE

1-1/2 cups sugar  
1/2 cup shortening  
2 eggs  
2 ounces red coloring  
2 heaping tablespoons cocoa  
1 cup buttermilk  
2-1/4 cups cake flour  
1 teaspoon vanilla  
1 teaspoon soda  
1 teaspoon salt  
1 tablespoon vinegar

Cream sugar, shortening and eggs. Make paste with coloring and cocoa. Add to shortening, sugar and eggs. Add alternately buttermilk and cake flour, vanilla and salt. Blend vinegar and soda. Fold in. Bake in square or round pans. Bake at 350 degrees for 25 to 30 minutes.

#### Icing:

3 tablespoons flour  
1 cup milk  
1 cup sugar  
1 teaspoon vanilla  
1 cup butter

Cook flour and milk to thick paste. Cool. Cream sugar, vanilla and butter until very fluffy. Add cooled flour and milk. Beat until whipping cream consistency.

### BANANA SPLIT CAKE

2 cups crushed graham crackers  
3-4 tablespoons margarine  
1/2 cup soft margarine  
2 cups confectioners sugar  
2 eggs  
1 teaspoon vanilla  
2 large bananas, cut round  
1 can (No. 2) crushed pineapple (drained)  
2 packages whipped topping mix

#### nuts

maraschino cherries

Mix crushed graham crackers with 3-4 tablespoons margarine and press into 9 x 13 pan. Bake at 350 degrees 7 minutes. Cool while you make filling.

Cream soft margarine, confectioners sugar, eggs and vanilla. Beat on high speed until fluffy. Spread this on cooled crust. Place bananas on top of filling. Spoon drained pineapple over. Spread prepared topping over fruit. Refrigerate. Cut into individual serving pieces. Sprinkle on chopped nuts. Top with cherry. Serve.

### YULE CAKE

Measure and sift together:

3/4 cup flour  
3/4 cup sugar  
1/2 teaspoon baking powder  
1/2 teaspoon salt

Combine in large bowl:

1 cup walnut meats (more if desired)  
1 package pitted dates  
1 cup seedless raisins  
1 jar or box of maraschino cherries  
1 cup fruit mix  
1 package pineapple mix

Sift dry ingredients over nuts and fruits; toss lightly. Beat 3 eggs until fluffy and add 1 teaspoon vanilla. Pour over fruit and nut mixture. Mix well. Grease pan and turn batter in; spread evenly. Bake at 300 degrees for 2 hours.

## APPLESAUCE CAKE

2	eggs
2-1/2	cups flour
1-3/4	cups sugar
1/4	teaspoon baking powder
1-1/2	teaspoons soda
1-1/2	teaspoons salt
1	teaspoon cinnamon
1/2	teaspoon cloves
1/2	teaspoon allspice
1/2	teaspoon nutmeg
1/2	cup melted margarine
1-3/4	cups applesauce (15-ounce can)

Mix sugar, eggs and margarine. Add spices, flour, soda, baking powder, applesauce. Fold in nuts and raisins. Bake in greased 13 x 9 x 2 pan for 45 minutes at 350 degrees. Cool and frost as desired. May be frozen unfrosted. Makes 1 loaf.

## CRAZY CAKE

3	cups flour
1	teaspoon salt
1/2	cup cocoa
2	tablespoons vinegar
2	cups cold water
2	teaspoons soda
2	cups sugar
1	teaspoon vanilla
3/4	cup salad oil

Sift dry ingredients into ungreased 13 x 9 x 2 pans. Make 3 wells; into one pour salad oil; in another vinegar, and into the third vanilla. Pour cold water over oil. Mix with a fork, but do not beat. Bake for 35 minutes in a 350-degree oven. Any desirable topping may be used.

## AUNT CARRIE'S OATMEAL CAKE

1	cup quick oats
1-1/4	cups boiling water
1/2	pound margarine
1	cup white sugar
1	cup light brown sugar
2	eggs
1-1/2	cups flour
1	teaspoon nutmeg
1	teaspoon soda
1/2	teaspoon salt
1	teaspoon cinnamon

Cook oats in boiling water for 1 minute; add margarine. Cover and cool. Beat sugars and eggs together, then add cooked oats. Sift flour, nutmeg, soda, salt and cinnamon. Add to beaten mixture. Bake 30 minutes at 350 degrees in large oblong pan 9 x 13 inches. Take from oven and put on icing which has been prepared while cake is baking.

### Icing:

6	tablespoons melted margarine
1-1/2	cups brown sugar
1/4	cup milk
1	cup nut meats
1	cup cocoanut

Combine ingredients. Place icing on top of cake and bake another 15 minutes.

## DESSERTS

## DESSERTS

### APPLE-WALNUT HARVEST CAKE

4	cups coarsely chopped peeled apples
2	cups sugar
2	eggs
1/2	cup vegetable oil
2	teaspoons vanilla
1	cup chopped nuts
2	cups all-purpose flour (sifted)
2	teaspoons soda
2	teaspoons cinnamon
1	teaspoon salt

Combine apples and sugar, let stand. Beat eggs slightly. Beat in oil and vanilla. Stir in dry ingredients alternately with apple-sugar mixture. Stir in walnuts. Bake 1 hour at 350 degrees in a flat cake pan. Frost with cream cheese frosting, if desired.

### CARROT CAKE

2	cups all-purpose flour
2	teaspoons baking soda
1	teaspoon cinnamon
1/2	teaspoon salt
1/4	cup chopped nuts
1	cup oil
1	teaspoon vanilla
1	cup sugar
2	cups carrot pieces
3	eggs
1	cup coconut
1/2	cup raisins
1	grated apple
2	tablespoons wheat germ

Sift the flour. Add soda, salt, cinnamon, sugar, nuts and raisins. In a blender, combine oil with eggs and carrots. Add this mixture to the dry mixture; now add the grated apple and the vanilla. Grease a bundt pan with solid shortening. Pour the cake mixture into the pan and bake for 1 hour at 350 degrees. When cool, frost with Philadelphia cream cheese frosting.

### Philadelphia Cream Cheese Frosting:

1	stick margarine
1	8-ounce package cream cheese
1	pound powdered sugar
2	teaspoons vanilla
1	cup chopped nuts

Cream margarine and add cheese. Cream thoroughly; gradually add powdered sugar, vanilla and nuts.

### SOUR CREAM CAKE

2	cups sugar
1/2	cup butter
3	eggs
1/2	cup sour cream
1/2	cup cocoa
2	cups flour
1	teaspoon soda
1	cup boiling water

Combine all ingredients. Place in 4 x 13 pan. Bake at 350 degrees for 30-35 minutes.

### Frosting:

1-1/2	cups sugar
3	tablespoons cocoa
1/2	cup milk
1/4	cup butter
1	teaspoon vanilla

Boil to soft ball stage. Add vanilla. Beat to spreading consistency.

## APPLE-FILLED SPONGE CAKE

3 eggs  
 1 cup sugar  
 1/3 cup water  
 1 teaspoon vanilla  
 1 cup cake flour, or  
 3/4 cup all-purpose flour  
 1 teaspoon baking powder  
 1/4 teaspoon salt

Beat eggs in small mixer bowl until very thick and lemon-colored, about 5 minutes. Pour eggs into large mixer bowl; gradually beat in sugar. Blend in water and vanilla on low speed. Gradually add flour, baking powder and salt; beat just until batter is smooth. Pour into greased and floured baking pan 9 x 9 x 2 inches. Bake 25-30 minutes at 350 degrees. Cool 10 minutes; remove from pan and cool completely.

## Apple Cream Filling:

1 package (3-ounce) vanilla pudding and pie filling  
 1-1/4 cups apple juice  
 1/2 cup chilled whipping cream

Mix pudding and pie filling (dry) and apple juice in small sauce pan. Heat to boiling over medium heat, stirring constantly. Press wax paper onto pudding, cool. Beat cream in chilled bowl until stiff; fold in cool pudding. Split cooled cake horizontally into 2 layers. Spread bottom layer with half the apple cream filling; top with second layer and spread with remaining filling. Sprinkle serving with nutmeg. Makes 8-9 servings.

## \$100 CAKE

Combine and sift together into a bowl:

2 cups sifted flour  
 1 cup granulated sugar  
 1/4 teaspoon salt  
 2 teaspoons baking soda  
 1/2 cup cocoa

Add:

1 cup Best Foods mayonnaise  
 1 teaspoon vanilla  
 1 cup cold water

Blend well. Pour into 2 greased 8-inch round layer cake pans. Bake at 350 degrees in oven for about 30 minutes.

## SILVER CAKE

3 cups sugar  
 1 cup margarine  
 2 cups milk  
 5 cups cake flour  
 1/4 teaspoon salt  
 4 teaspoons baking powder  
 1 teaspoon vanilla  
 6 egg whites

Cream together sugar and margarine until light and fluffy. Add milk alternately with flour, sifting the baking powder and salt with the last cup of flour added. Fold in well-beaten egg whites. Bake at 350 degrees for 40 minutes. Use three 9-inch layer pans.

## Mother's Frosting:

3 tablespoons shortening  
 powdered sugar  
 small can crushed pineapple and some juice

Add powdered sugar to spreading consistency (about 2 cups).

## DESSERTS

## FRESH APPLE CAKE

3      cups flour  
 2      cups sugar  
 1      teaspoon cinnamon  
 1      teaspoon soda  
 1      teaspoon salt  
 1      cup nuts and/or raisins  
 3      cups diced apples  
 1-1/4    cups oil  
 2      eggs  
 2      teaspoons vanilla

Combine oil and sugar; add beaten eggs. Add spices, soda and salt to flour. Add flour mixture to oil and sugar, mixing well. Fold in apples, nuts and vanilla. Bake at 350 degrees for 50 to 60 minutes.

## MONTANA CAKE

Cream together:

2      cups brown sugar  
 1      cup shortening

Sift together:

3      cups flour  
 2      teaspoons soda  
 1      teaspoon baking powder  
 1      teaspoon salt in flour  
 1      teaspoon cinnamon

Add:

3      eggs beaten separately  
 1      teaspoon cloves  
 1      cup raisins  
 1      cup nuts (walnuts)

Bake in greased and floured bread pans at 350 degrees for 1 hour. Makes 2 cakes.

## DATE CAKE

2      teaspoons baking soda  
 3      cups pitted chopped dates  
 2      cups boiling water  
 2      cups sugar  
 3/4     cup margarine  
 2      eggs, well-beaten  
 1      teaspoon salt  
 2      cups sifted flour  
 3      teaspoons maple flavoring (less, if desired)  
 1      cup chopped floured nuts

Sprinkle soda over dates. Add water and mix. Cream sugar and margarine; mix in eggs. Add salt and flour, then date mixture. Blend in flavorings and nuts. Pour into greased and floured 9 x 13 pan. Bake at 400 degrees for 15 minutes. Then lower heat to 325 degrees and bake 35 minutes more, or until tested done. Serve warm or cold with whipped cream. Makes 18 servings.

## BEST DEVIL'S FOOD I EVER ATE

2      cups flour  
 2      cups sugar  
 1/2     cup butter or shortening  
 1      cup sour milk  
 2      teaspoons soda  
 2      heaping tablespoons cocoa  
 1/4     teaspoon salt  
 1      teaspoon vanilla

Mix all ingredients together. Add 1 cup boiling water to other ingredients last. Makes a thin batter. Bake at 350 degrees for 45 minutes.

## PRINCE OF WALES PRUNE CAKE

Sift together:

2-1/2 cups flour  
1/2 teaspoon salt  
1/2 teaspoon cinnamon  
1 teaspoon mace  
1/4 teaspoon cloves

Cream:

1/2 cup butter  
1 cup sugar

Add:

1 egg and 2 egg yolks and beat  
1 cup stewed, pitted prunes  
1 cup prune juice with 1 teaspoon soda dissolved

Mix alternately with dry ingredients. Bake at 350 degrees until tested done.

## RAISIN BANANA CAKE

2 cups sifted flour  
1-1/3 cups sugar  
1-1/2 teaspoons baking powder  
1 teaspoon baking soda  
1 teaspoon salt  
1 cup mashed bananas (about 3 medium)  
1/2 cup shortening  
1/4 cup milk  
1 teaspoon grated lemon peel  
1 teaspoon vanilla  
2 eggs  
1 cup chopped California golden raisins  
1/2 cup chopped nuts  
powdered sugar

Sift together dry ingredients. Beat in banana, shortening, milk, lemon peel and vanilla. Beat 2 minutes, scraping

bowl constantly. Add eggs; beat 2 minutes more, scraping bowl. Stir in raisins and nuts. Pour batter into greased and floured 13 x 9 baking pan. Bake at 350 degrees 40 minutes, or until toothpick inserted in center comes out clean. Cool in pan 5 minutes; turn out onto a rack to cool. Dust with powdered sugar. May be made in a bundt pan.

## DESSERTS

### VANILLA CAKE

1 cup plus 2 tablespoons cake flour  
1 teaspoon baking powder  
1/2 cup milk  
1/4 cup margarine, melted  
6 egg yolks  
1 cup sugar  
3/4 teaspoon vanilla  
1/2 cup apricot preserves  
1/4 cup brandy  
1/3 cup toasted almond slivers

Combine margarine with sugar. Add egg yolks, milk and vanilla. Add dry ingredients. Bake in three greased 8-inch round pans at 350 degrees about 15 minutes; cool layers. Spread apricot preserves mixed with brandy between layers. Frost with vanilla cream. Top with almonds. Layers may be frozen.

### Butter Cream Frosting:

1 cup sugar  
1 tablespoon light corn syrup  
1/4 cup water

Stir together and boil until it reaches 240 degrees. Beat 2 egg whites until stiff. Beat in 1 tablespoon vanilla. Beat in hot syrup. Beat mixture into 2/3 cup butter or margarine. Frost.

## BICENTENNIAL CAKE

- |     |  |
|-----|--|
| 1   | cup butter (2 cubes)                           |
| 1   | cup sugar                                      |
| 5   | large egg whites                               |
| 1   | cup cake flour, sifted                         |
| 3/4 | teaspoon baking powder                         |
| 1/2 | teaspoon vanilla extract                       |
| 1/4 | teaspoon almond extract                        |
| 1/2 | cup candied cherries, chopped fine             |
| 1/4 | cup candied pineapple, chopped fine (optional) |

Cream butter. Add sugar gradually and beat 5 minutes. Add egg whites, 1/4 cup at a time, beating 2 minutes after each addition. Sift flour and baking powder together 3 times; add gradually to creamed mixture, using low speed and beat only until smooth. Add flavorings and cherries. Pour into large loaf pan 9 x 5 x 4, well-greased. Bake at 300 degrees for 1-1/2 hours. Cool on cake rack and dust with powdered sugar, if desired. Wrap in waxed paper or aluminum foil. Slices better if held a day. No icing needed.

## FRUIT CAKE

## Batter Mix:

- |       |                      |
|-------|----------------------|
| 1     | cup butter           |
| 1     | cup sugar            |
| 1     | teaspoon baking soda |
| 3-1/2 | cups flour           |
| 1     | cup buttermilk       |
| 1     | cup honey            |
| 4     | eggs, beaten         |

Combine all ingredients and mix until smooth.

## Fruit Mix:

- |   |   |
|---|---|
| 1 | package candied orange slices or large colored<br>gum drops, sliced |
| 1 | package dates and/or raisins  |
| 1 | cup chopped walnuts   |
| 1 | package angel flake coconut   |

When batter mix is smooth, combine with fruit mix, blending well. Place in greased and floured bread pan or 6-inch diameter fruit cake pan. Makes approximately 3 loaves. Bake in water bath (pan in pan of water) at 350 degrees for approximately 1-1/2 hours or until toothpick comes out clean. Prick baked loaf with fork and pour syrup or good brandy over top. Roll in cheese cloth if storing, and then in foil.

## Syrup:

- |   |                              |
|---|------------------------------|
| 1 | small can fresh orange juice |
|   | powdered sugar               |

Blend until consistency of syrup.

## CHOCOLATE CAKE

- |       |                      |
|-------|----------------------|
| 3     | ounces chocolate     |
| 1/2   | cup boiling water    |
| 2     | eggs                 |
| 1-1/2 | cups sugar           |
| 1/2   | cup margarine        |
|       | pinch salt           |
| 1     | teaspoon vanilla     |
| 3/4   | cup buttermilk       |
| 1     | teaspoon baking soda |
| 1-1/2 | cups flour (sifted)  |

Melt chocolate in double boiler. Set aside. Beat eggs and add sugar and margarine. Add chocolate mixture and vanilla. Add wet and dry ingredients. Bake at 375 degrees for 45 minutes (in greased 9 x 2-3/4 loaf pan) or until cake tests done. May frost if desired. Marvelous for picnics. Good unfrosted.

## CANDIED FRUIT CAKE

4	cups raisins
2	packages (8 ounces each) pitted dates
1	tablespoon grated orange rind
2-1/2	cups mixed candied fruit
3/4	cup candied red cherries
1	jar (4 ounces) citron
5	slices candied golden pineapple
5	slices candied red pineapple
5	slices candied green pineapple
2-1/2	cups pecans

Line 2 loaf pans 9 x 5 with foil, leave a 2-inch overhang. Grind the raisins and dates, place in a large pan or dishpan. Add the rest of the ingredients one at a time and mix well before adding the next ingredients. Mixture will be very stiff. Pack into the foil-lined pans, smooth the top foil over the top and place a pound fruit can on back to weight it down. Chill one week with weights on before using or slicing. Cut in very thin slices. It's very rich and keeps well in refrigerator. No need to freeze.

## DON' S CHOCOLATE CAKE

1-3/4	cups flour
1-1/2	cups sugar
1	cup milk
1/3	cup coca
1/3	cup melted butter or margarine
1	teaspoon salt
1-1/4	teaspoons baking soda
1	teaspoon vanilla
2	eggs

Combine all ingredients and mix well with an electric mixer. Grease oblong or two 9-inch pans and dust with cocoa. Bake at 350 degrees for 35 minutes. Frost, if desired, with Fudge Frosting.

## CHOCOLATE SAUERKRAUT CAKE

1/2	cup margarine
1-1/2	cups sugar
3	eggs
1	teaspoon vanilla
2	cups flour sifted
1	teaspoon baking powder
1	teaspoon baking soda
1/4	teaspoon salt
1/2	cup cocoa
1	cup water
1	cup sauerkraut, drained, rinsed, and chopped fine

Cream margarine and sugar. Beat in eggs, one at a time; add vanilla. Sift all dry ingredients together. Add to mixture alternately with water. Beat well after each addition. Stir in sauerkraut. Pour into greased and floured 13 x 9 pan. Bake at 350 degrees for 40 minutes. Cool in pan. Frost with your favorite frosting.

## PEANUT BUTTER CUPCAKES

1/3	cup melted margarine
1	cup brown sugar
1/2	cup peanut butter
2	eggs
2	cups flour
1/2	teaspoon salt
2-1/2	teaspoons baking powder
3/4	cup milk
1	teaspoon vanilla
1/2	cup sugar

Cream margarine with sugar. Add peanut butter, eggs. Add wet and dry ingredients. Bake in muffin cups at 350 degrees for 20-25 minutes.

Frosting:

Mix 1/2 cup peanut butter with 1/2 cup pancake syrup. Cupcakes may be frozen without frosting.

## DESSERTS

**DESSERTS****MAYONNAISE CAKE**

3/4 cup mayonnaise  
 1 cup white sugar  
 2 cups flour  
 5 tablespoons Hershey's chocolate  
 1 teaspoon baking soda  
 1 teaspoon baking powder  
 1 teaspoon maple flavoring

Mix mayonnaise and sugar together until creamy and smooth. Sift all ingredients together and add sparingly and alternately with 1 cup water. Add chocolate and maple flavoring. Bake at 350 degrees for 25-30 minutes.

**White Frosting:**

2 egg whites  
 1 cup white sugar  
 dash salt  
 1/8 teaspoon creme of tartar  
 1/4 cup water

Cook in double boiler. Beat with hand mixer until frosting stands up in peaks.

**EASIEST EVER CHOCOLATE CAKE**

1-1/2 cups flour  
 1 cup sugar  
 3 tablespoons cocoa  
 1/2 teaspoon salt  
 1 teaspoon soda  
 1 teaspoon vanilla  
 1 tablespoon vinegar  
 1/2 cup butter or margarine

Sift flour, sugar, cocoa, salt, soda into an ungreased 8 x 8-inch cake pan. Add vanilla, vinegar and margarine. Pour 1 cup warm water over all ingredients and mix with fork, making sure the corners of the pan are thoroughly mixed. Bake at 350 degrees 30-40 minutes. If desired, frost with Chocolate Chip Frosting.

**Chocolate Chip Frosting:**

1/4 cup butter or shortening  
 1/2 cup milk  
 1 cup sugar

Bring to a boil and add 1/2 cup chocolate chips. Do not cool. Beat until it thickens.

**PRUNE CUPCAKES**

1 cup sugar  
 1 cup prunes (mashed)  
 3 tablespoons sour milk  
 1/2 teaspoon nutmeg  
 1 cup butter or margarine  
 3 eggs  
 1 rounded teaspoon soda  
 1 teaspoon vanilla  
 1-1/2 cups flour  
 1/2 teaspoon salt

Cream butter and sugar. Add prunes, egg yolks and sour milk. Stir well. Beat egg whites until stiff. Add to above mixture. Mix flour, soda, nutmeg and salt well; then fold into above.

Fill cups 1/2 full and bake at 350 degrees for 15 minutes or until done. To make sour milk, use 2 tablespoons canned milk and 1 tablespoon vinegar.

## NELLIE'S CHEESE CAKE

Mix together:

- |     |                        |
|-----|------------------------|
| 14  | double graham crackers |
| 1/4 | cup white sugar        |
|     | pinch salt             |
| 1/4 | cup melted butter      |

Dissolve 1 lemon or lime jello in 3/4 cup boiling water. Add juice and grated rind of 1 whole fresh lemon. Let cool but do not put in refrigerator. Whip large can of Carnation milk (cold). Whip juice mixture; add milk and whip together with electric mixer until well blended. Line 14 x 9-inch glass pan with 3/4 graham crumb mixture. Add filling. Put remaining crumbs on top. Refrigerate for 24 hours.

## HONEY CHEESE CAKE

Crust:

- |   |                           |
|---|---------------------------|
| 2 | cups wheat germ           |
| 2 | tablespoons honey         |
| 8 | tablespoons melted butter |
| 1 | teaspoon cinnamon         |

Combine ingredients and pat into a buttered spring form pan.

Filling:

- |     |   |
|-----|---|
| 3   | packages cream cheese                   |
| 4   | eggs                                    |
| 1   | pint sour cream                         |
| 1/2 | cup honey                               |
| 1   | teaspoon vanilla                        |
| 1   | tablespoon freshly squeezed lemon juice |

Cream cheese, add 1/4 cup honey and eggs one at a time. Add vanilla and lemon juice. Bake at 350 degrees for 30 minutes. Whip 1 pint sour cream and 1/4 cup honey and pour over cheese cake. Return to oven and bake for 10 minutes. Refrigerate and chill for at least 2 hours.

## SUSAN'S BABY CHEESE CAKES

Filling:

- |     |                       |
|-----|-----------------------|
| 8   | ounces cream cheese   |
| 1/3 | cup sugar             |
| 1   | egg                   |
| 2   | teaspoons lemon juice |
| 1/2 | teaspoon vanilla      |

Topping:

- |   |                                     |
|---|-------------------------------------|
| 1 | can cherry or blueberry pie filling |
|---|-------------------------------------|

Crust:

- |     |                           |
|-----|---------------------------|
| 3/4 | cup graham cracker crumbs |
|-----|---------------------------|

Put papers in muffin pan. Sprinkle crumbs evenly in all 12 papers. Cream filling ingredients. Pour a little in each cup. Top with pie filling. Bake at 375 degrees for 15 minutes or until set. Makes 1 dozen.

## QUICK COFFEE CAKE

- |     |                             |
|-----|-----------------------------|
| 1/2 | cup sugar                   |
| 1   | small piece butter (melted) |
| 1   | egg                         |
| 1/2 | cup milk                    |
| 1   | teaspoon baking powder      |
| 1   | cup flour                   |
| 1   | teaspoon vanilla            |

Put all ingredients together in a bowl and mix well. Top with brown sugar and cinnamon. Nuts may be used if desired. Bake at 400 degrees for 12 to 15 minutes.

## DESSERTS

## DESSERTS

### SOUR CREAM COFFEE CAKE

1	egg
3/4	cup sugar
1	tablespoon melted butter
1	cup sour cream
1	teaspoon vanilla
1-1/2	cups sifted flour
2	teaspoons baking powder
1/4	teaspoon baking soda
3/4	teaspoon salt

Mix all ingredients together. Place in 9 x 9 pan and add topping. Bake at 375 degrees for 25-30 minutes.

Topping:

1/2	cup brown sugar
2	tablespoons flour
1/2	teaspoon cinnamon
2	tablespoons soft butter

### "MY WAY" GINGERBREAD

1/2	cup margarine
1/2	cup brown sugar
2	eggs
1	cup molasses
1/2	teaspoon cloves
1/2	teaspoon allspice
1/2	teaspoon nutmeg
1	teaspoon cinnamon
1-1/4	teaspoons ginger
1/2	teaspoon salt
1	teaspoon baking powder
1	teaspoon baking soda
2-1/2	cups flour
1	cup hot water

Cream margarine and brown sugar together. Add eggs and molasses. Mix well. Stir in cloves, allspice, nutmeg, cinnamon, ginger, salt, baking powder and baking soda. Mix well. Stir in flour, then hot water. Beat well. Pour into 2 greased loaf pans or pans of equivalent size. Bake at 350 degrees for about 50 minutes. Serve with whipped cream or ice cream. This recipe freezes well.

### FRESH PEACH COBBLER

5	fresh peaches
1/2	cup white sugar
1/3	cup water
1/2	teaspoon cornstarch
	enough biscuit dough for five biscuits

Remove peelings and pits from peaches and slice in thin slices. Put in a non-aluminum pan with sugar, water and cornstarch. Heat to boiling, then simmer while making biscuit dough from a mix or "scratch" biscuit recipe. Stir fruit with a wooden or plastic spoon. When dough is ready, transfer the fruit to an oven dish and spoon the dough on top in teaspoonsful. Dot with butter and sprinkle with cinnamon. Bake at 375 degrees for about 20 minutes until dough starts to brown. Serve hot with milk or cream.

Canned peach option: use a 16-ounce can cling peaches, 1/3 cup sugar, and 1/2 teaspoon cornstarch. Heat until bubbling then cool; cover with dough and bake.

## REGAL RHUBARB COBBLER

Filling:

6      cups rhubarb, cut in 1/2-inch pieces  
1-1/2    cups sugar  
1/4      cup flour  
1-1/4    teaspoons cinnamon  
1/4      cup water

Topping:

1      cup biscuit mix  
1      tablespoon sugar  
1/4      teaspoon cinnamon  
1      tablespoon oleo, softened  
1/3      cup milk

Mix rhubarb, sugar, flour and cinnamon. Turn into a greased 9 x 13 pan; sprinkle water over top. Combine topping ingredients. Mix until it forms a soft dough. Roll out on floured board to a 13 x 6 rectangle. Cut in strips, 1/2-inch wide. Lay 3 strips the long way of baking pan. Then weave 4 strips, cut to width, into other strips. Bake 30 minutes at 425 degrees then cover with foil and bake 10 minutes longer. Let cool slightly, then serve with ice cream, if desired. Serves 10-12.

## CARAMEL FROSTING

12 x 18 inch pan

Melt in small pan: 1/2 cup margarine. Add and cook constantly for 2 minutes: 1 cup brown sugar. Add 2 cups powdered sugar and 1 teaspoon vanilla. Beat with beaters until creamy and smooth, after removing from heat. Spread on spice cake.

## CHOCOLATE FROSTING

9 x 13-inch pan

Melt in small pan: 1/4 cup margarine. Add to just bring to boiling: 1 cup sugar and 1/4 cup milk. Add 3/4 cup chocolate chips. Remove from fire and beat with beaters until thick and glossy. Spread on white or chocolate cakes.

## FUDGE FROSTING:

1/4      cup margarine  
1      cup sugar  
1/4      cup condensed milk  
1/2      cup cocoa  
1      teaspoon vanilla

In saucepan, combine all ingredients; mix well and boil for 1 minute. Remove immediately from heat and let cool. Beat until it starts to thicken. Can be spread on a warm cake and still set like fudge.

## AMBER NUT PIE

1      cup dark Karo syrup  
1/2      cup sugar  
3      eggs (beaten)  
1/2      teaspoon salt  
1      teaspoon vanilla  
1      cup chopped walnuts

Place in unbaked 9-inch pie shell. Bake slowly (325-350 degrees) for 40-50 minutes. Can be topped with whipped cream.

## DESSERTS

## DESSERTS

### OZARK PIE – (Makes its own crust)

1 egg  
3/4 cup sugar  
pinch salt  
1/2 cup flour  
1 teaspoon vanilla  
1-1/2 teaspoons baking powder

Beat egg and sugar. Add salt, flour, vanilla and baking powder. Fold in 1 cup unpeeled apples, finely chopped, and 1/2 cup walnuts. Put in greased pie plate. Bake 30 minutes at 350 degrees.

### FUDGE PIE

1/2 cup granulated sugar  
1 egg  
1/2 teaspoon vanilla  
1/4 cup margarine  
1/2 teaspoon instant coffee  
1 square unsweetened chocolate  
1/4 cup flour  
1/2 cup chopped walnuts

Melt margarine with chocolate. Combine sugar, egg, margarine, and chocolate. Add vanilla and coffee. Add remaining dry ingredients. Fold in walnuts. Pour into 6-inch greased pie pan and bake at 325 degrees for 30 minutes. Cool. Top with ice cream. Pie can be frozen.

### GRASSHOPPER PIE OR PARFAITS

#### Crust:

1 cup chocolate wafer crumbs  
1/4 cup sugar  
2-3 tablespoons melted margarine

#### Filling:

1/4 cup milk  
6-1/2 cups miniature marshmallows (3/4 pound)  
1/4 cup green Creme de Menthe  
2 tablespoons white Creme de Cacao  
4 cups whipping cream (whipped)

Combine crust ingredients. Press into 9-inch pie pan or sprinkle in parfait glasses. Combine milk and marshmallows and melt in top of double boiler. Cool, stirring every 5 minutes. Add liquors. Blend. Fold in whipped cream. Pour in pie shell or glasses. Freeze.

### MARSHMALLOW PIE

15 regular marshmallows  
1/4 cup milk

Put together and melt in double boiler. Cool; when cool, add 1 cup cream, whipped stiff. Fold in lightly 1 cup chocolate chips.

#### Crust:

15 graham crackers, rolled fine, 1/4 cup melted butter. Mix thoroughly and press into pie tin to form a crust. Reserve a few buttered crumbs to sprinkle on top. Makes 1 pie. Keep refrigerated.

## RAISIN MERINGUE PIE

2	tablespoons cornstarch
3/4	cup sugar
1/4	teaspoon salt
1	teaspoon cinnamon
1/2	teaspoon nutmeg
1/4	teaspoon cloves
2	egg yolks
1	cup sour cream (fresh cream and 1 tablespoon vinegar)
1	cup seedless raisins
1-1/2	teaspoons lemon juice, fresh frozen, or canned (3/4 teaspoon extract)
1/2	cup chopped California walnuts or pecans
1	baked 8-inch pastry shell
2	egg whites
1/4	cup sugar
1/4	teaspoon cream of tartar

Combine cornstarch, 3/4 cup sugar, salt, cinnamon, nutmeg and cloves. Add egg yolks; mix well. Add sour cream, raisins and lemon juice. Cook over hot water until thick, stirring constantly. Partially cool; add nuts. Pour into pastry shell. Finish cooling. Beat whites until frothy; add 1/4 cup sugar and cream of tartar gradually. Continue beating until mixture is stiff and glossy. Spread over pie, sealing to edge of pastry. Bake at 350 degrees until delicately browned, 12 to 15 minutes. Very good!

## MINCEMEAT PIE

1	pound or more ground cooked beef
10	medium apples, ground
2	cups raisins
2	cups currants
1-1/2	cups sugar
2	cups apple cider
1	tablespoon cinnamon
1	tablespoon cloves
1	tablespoon nutmeg
1-1/2	cups beef broth
2	tablespoons vinegar
	salt to taste

Put into a 9-inch 2-crust pie and bake 400 degrees for 35-40 minutes.

## DESSERTS

### CUSTARD PIE

4	eggs, slightly beaten
1/4	teaspoon salt
1/2	cup sugar
3	cups milk, scalded
1/2	teaspoon vanilla
1/2	recipe plain pastry
	nutmeg

Combine eggs, salt and sugar; add milk and vanilla slowly. Line pie pan with pastry, pour in filling and sprinkle with nutmeg. Bake in hot oven 450 degrees, 10 minutes. Reduce heat to 325 degrees and bake 30-40 minutes longer, or until a knife inserted comes out clean. Makes one 9-inch pie. Can add 1 cup shredded coconut to custard before baking, if desired.

### HONEY PUMPKIN PIE

1	small can or 2 cups pumpkin
1	cup honey
1	teaspoon cinnamon
1/2	teaspoon ginger
1/2	teaspoon mace
1/2	teaspoon salt
3	eggs
1	cup evaporated milk
2	tablespoons butter

Mix salt, honey and spices with pumpkin. Beat eggs thoroughly and then add evaporated milk. Combine pumpkin mixture with milk mixture, then stir in melted butter. Pour into unbaked pie shell. Bake at 450 degrees for 10 minutes and then at 350 degrees for 35 minutes. To tell when done, insert a clean knife, it will come out clean when cooked.

## DESSERTS

### HONEY PEACH PIE

Combine in a large bowl:

1/2	cup honey
2	tablespoons flour
1	tablespoon cornstarch
1	teaspoon nutmeg
1/8	teaspoon salt

Add:

6	cups sliced peaches
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Mix well to coat peach slices. Pour into unbaked 9-inch pastry shell. Cover with foil and bake at 450 degrees for 10 minutes. Reduce heat to 350 degrees, uncover and bake 25 minutes more or until peaches are tender. Cook and garnish with pecan halves.

### HONEY APPLE RAISIN PIE

Make whole wheat pastry crust and line pan.

7	cups sliced pared apples
1	cup raisins
3/4	cup honey
1-1/2	teaspoons cinnamon
1	teaspoon freshly squeezed lemon juice
1-1/2	tablespoons butter

Place apples and raisins in crust and mix. In measuring cup, mix honey, cinnamon and lemon juice. Drizzle honey mixture over apples and toss. Dot with butter and cover with top crust that has slits cut into it. Cover edges with foil and bake 50-60 minutes at 425 degrees.

### BEST EVER APPLE PIE

9-inch pie crust	
4	large apples (sliced thin)
3/4	cup sugar
2	tablespoons flour
3/4	cup thick sweet cream
	cinnamon and sugar to taste
	nutmeg

Mix sugar, cream, flour, cinnamon and nutmeg thoroughly. Add apples and mix until coated. Pour into unbaked pie shell. Cover with lattice crust and bake at 325 degrees until apples are tender.

### CRANBERRY MERINGUE PIE

1-3/4	cups sugar
3/4	cup water
1	pound fresh cranberries
4	eggs, separated
2	tablespoons flour
1/4	teaspoon salt
2	tablespoons margarine
1	teaspoon vanilla
1/4	cup sugar

Bake a pie shell. Cool. Combine 1-3/4 cup sugar, water and cranberries. Cook until skins pop. Beat egg yolks, add flour and salt. Stir in hot cranberry mixture. Cook 5 minutes, stirring constantly. Stir in butter and vanilla. Cool. Pour into shell. Whip egg whites, vanilla and sugar into meringue. Spread over filling. Bake at 325 degrees for 20 minutes. Makes one 9-inch pie.

## ELLA'S FRESH PEACH PIE

36 large marshmallows  
1 cup heavy cream, whipped  
1/2 cup milk  
1/4 teaspoon vanilla  
1/8 teaspoon salt  
9-inch graham cracker crust or baked shell in pie pan  
6 large peaches  
2 tablespoons sugar

Melt marshmallows in milk in top of double boiler. Cool. Fold in whipped cream, salt and vanilla. Spread 1/3 in pie pan. Top with fresh peaches, pared and sliced. Sprinkle with 2 tablespoons sugar. Spread with remaining cream mix, taking care to cover well so peaches won't brown. Chill several hours.

## SOUR CREAM RAISIN PIE

1-1/2 cups sour cream  
3 egg yolks  
1 cup sugar  
1 teaspoon cinnamon  
1/4 teaspoon ground cloves  
1/2 cup raisins  
1/2 cup chopped nuts  
2-1/3 tablespoons flour

Combine dry and wet ingredients and blend in top of double boiler. Cook until dark and the consistency of heavy cream, stirring occasionally. Fill 9-inch baked shell. Top with meringue. Makes one 9-inch pie.

## BUTTER TARTS

1 egg  
1 cup brown sugar  
1 cup currants or raisins  
1 tablespoon butter  
1 teaspoon lemon or vanilla flavoring

Make your favorite pastry and prepare tart shells. Mix all ingredients very well so sugar does not sit in bottom of bowl. Add the mixture to the shells and bake in 350-degree oven for 15 minutes. Yields about 1 dozen.

## DESSERTS

### PIE CRUST

3 cups flour  
1 teaspoon salt  
1 cup lard or shortening  
1 egg, well beaten  
5 tablespoons water  
1 teaspoon vinegar

Combine flour and salt in bowl; blend in lard until of coarse corn meal consistency. Add egg, water and vinegar. Blend until dough holds together.

### EASY PIE CRUST

2 cups flour  
3/4 teaspoon salt  
3/4 cup lard or shortening  
1/4 cup flour  
6 tablespoons water

Sift the flour and salt. Blend in the shortening. Make a paste of the 1/4 cup flour and 6 tablespoons water in separate bowl: add to the flour, shortening mixture. Blend and roll out. This is a different pie crust.

## DESSERTS

### MAKE-AHEAD PIE CRUST MIX

1 pound lard  
3/4 cup boiling water

Melt and add 2 tablespoons vinegar.

2 tablespoons sugar  
1 teaspoon salt  
1 beaten egg  
6 cups flour

Mix all ingredients and place in plastic bag. Keep in the refrigerator until used. It will keep 3 or more months. Package in amounts for separate pies. Flaky and convenient.

### WHOLE WHEAT PIE CRUST

3 cups whole wheat flour  
1-1/2 teaspoons salt  
1-1/2 cups Crisco

Combine above ingredients with a pastry blender until the particles are the size of peas.

1 egg  
1 teaspoon vanilla  
6 tablespoons water

Stir egg, vanilla and water with a fork and add to the above ingredients. Divide dough and roll out on lightly floured board.

### ROSY APPLE DUMPLINGS

2 cups sugar  
1 cup water  
3 tablespoons cinnamon candy  
1/4 teaspoon nutmeg  
1/4 cup butter or margarine

6 apples  
2 cups flour  
1 teaspoon salt  
2 teaspoons baking powder  
3/4 cup shortening  
1/2 cup milk

Combine sugar, water, cinnamon candy, and nutmeg; cook 5 minutes, add butter, set aside. Pare and core apples. Sift flour, salt and baking powder; cut in shortening; add milk all at once. Stir just until moistened. Roll 1/4-inch thick. Cut six 5-inch squares; place 1 apple in each square; sprinkle with additional sugar and spices; dot with butter; fold corners, pinch edges. Top with pastry leaves. Place in greased baking pan, pour over sauce. Bake at 375 degrees for 35 minutes.

### STRUDEL DOUGH

1-1/2 cups flour  
1/4 teaspoon salt  
1/2 cup warm water

Put mixture on a tablecloth or sheet and roll dough to 1/2-inch thickness. Spread filling. Take one side, the longer side and hold the cloth up with both hands and the strudel will roll itself over to form a long roll. Put in a well-greased pan. Brush top with melted butter and bake 1/2 hour at 400 degrees, then reduce heat to 350 degrees for another 1/2 hour or until brown. This makes 1 strudel; cover and let rest 1 hour.

## STRUDEL FILLINGS

### Cottage Cheese Filling:

1 pound cottage cheese  
4 eggs, beaten  
1 cup cream  
1 cup sugar  
1 teaspoon cinnamon  
1 cup raisins

If you use commercial cottage cheese, leave out the eggs and cream.

### Pumpkin Filling:

1 pound pumpkin, shredded  
1 teaspoon salt  
1 cup sugar  
1/2 teaspoon cinnamon  
1/4 cup shortening

### Apple Filling:

6-8 apples, chopped  
1 cup sugar  
1/2 teaspoon cinnamon

## RHUBARB BREAD PUDDING

1-1/2 cups milk  
4 slices toast, cubed (or stale bread)  
2 eggs, slightly beaten  
1 cup sugar  
1 cup sliced rhubarb

Scald milk, add eggs and mix well. Add other ingredients and pour into 1-1/2-quart casserole. Bake at 350 degrees for 1 hour or until custard sets. 4 servings.

## CHERRY PUDDING

1/2 cup sugar

4 tablespoons butter  
1 egg  
pinch salt  
2/3 cup water  
2 cups flour  
2 teaspoons baking powder  
1/2 teaspoon lemon juice  
3-1/2 cups cherries

Mix all ingredients, except cherries, to make batter. Place cherries on bottom of baking pan and then add batter. Bake at 350 degrees until pudding consistency.

### Sauce:

juice of 1 lemon  
1 egg  
2 cups cold water  
1 cup sugar  
1 tablespoon flour  
1 tablespoon butter

Cook ingredients until thick. Add to top of baked pudding.

## PUMPKIN PUDDING

1-1/4 cups strained hubbard squash or pumpkin  
4 eggs, beaten separately  
3/4 cup cream  
1/4 cup Jamaica rum  
3/4 cup packed brown sugar  
1/2 teaspoon salt  
1/2 teaspoon ginger  
1/2 teaspoon ground cloves  
1/2 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg

Beat the egg yolks and mix all the ingredients together, folding in the stiffly-beaten egg whites last. Put in a greased pudding dish and bake in a water bath (with water in oven) for 40-45 minutes at 350 degrees. Serve with fresh cream. This may also be used for a pie filling in unbaked crust.

## DESSERTS

## DESSERTS

### CHOCOLATE PUDDING

1 cup flour  
1/4 teaspoon salt  
3/4 cup white sugar  
2 teaspoons baking powder  
2 tablespoons cocoa  
1/4 cup butter or margarine  
1/2 cup milk  
1 egg  
1 teaspoon vanilla  
1/2 cup nuts

Combine all the above ingredients into a large casserole dish, then sprinkle the following over all:

1/2 cup brown sugar  
1/2 cup white sugar  
2 tablespoons cocoa

Then pour 1 cup boiling water over everything and do not stir. Bake at 350 degrees for 40 minutes.

### RHUBARB CRUNCH

1 egg  
3/4 cup sugar  
2 tablespoons flour  
3 cups rhubarb

Topping:

1 cup brown sugar  
1/2 teaspoon salt  
1/2 teaspoon cinnamon  
2/3 cup flour  
2 cups uncooked rolled oats  
2/3 cup melted butter

Beat egg; stir in sugar and flour. Add rhubarb, blend well. Spoon mixture into greased 8 x 12 baking dish. For topping, combine flour, oats, brown sugar, salt and cinnamon. Mix with melted butter. Sprinkle the crumbly mixture over rhubarb. Bake at 350 degrees for 45 minutes. Serve warm with whipped cream or ice cream. Makes 12 servings.

### CHERRY DELIGHT

20 graham crackers (put in plastic bag and crush)  
1/4 pound butter or margarine, melted and mixed with graham crackers

Put above in long bread pan (13 x 9 x 2-1/2) and set aside.

Mix:

1 large package cream cheese (8 ounces)  
1 cup powdered sugar  
1/4 cup milk

Then add:

1 large package Dream Whip (whipped)

Pour half of the mixture on graham cracker crumbs and add 1 cup cherry pie filling and pecans, then another layer of cream cheese mix and another layer (1 more can) of cherry pie filling. It is a very rich dessert and very tasty!

## BLUEBERRY KUCHEN

1-1/2 cups flour  
2 teaspoons baking powder  
1/2 teaspoon salt  
3/4 cup sugar  
1/4 cup melted margarine  
2/3 cup milk  
1/2 teaspoon grated lemon peel  
1 egg  
1 cup blueberries (fresh or frozen)  
3 tablespoons sugar  
1 teaspoon grated lemon peel

Mix margarine and sugar. Add wet ingredients (milk and egg) and flour, baking powder, salt, and 1/2 teaspoon lemon peel. Pour in greased 8 x 8 x 2-inch pan. Sprinkle blueberries mixed with 3 tablespoons sugar and lemon peel over top. Bake at 350 degrees for 40-45 minutes or until lightly brown.

## GERMAN KUCHEN

2 cups warm sweet milk  
1/2 cup sugar  
1/2 cup oil  
1 teaspoon salt  
1 package yeast  
2 eggs

Mix all ingredients and enough flour to make a soft dough. Mix and let raise as for any sweet dough. Put in round pie pans. Let raise for about 20 minutes. Fill with cream filling and bake at 375 degrees for 25 minutes.

### Cream Filling:

2 cups sweet or sour cream  
2 eggs  
1-1/2 tablespoons flour  
1/2 cup sugar

Heat cream in double boiler. Beat eggs, sugar and flour. Mix into cream and cook until thick. Spread Kuchen with canned peaches if desired and sprinkle with cinnamon and sugar.

## DESSERTS

### DATE NUT CRUMB ROLL

1-1/2 pounds graham crackers  
1 pound dates (2 cups)  
1/2 pound marshmallows  
1/4 teaspoon salt  
3/4 cup nuts  
1 cup whipping cream  
1 teaspoon vanilla  
cherries

Roll crackers into fine crumbs or use blender. Pit dates and cut up marshmallows. Whip cream until stiff. Combine with 1/2 cracker crumbs all of dates, marshmallows, nuts and salts. Mix together, and shape into roll. Sprinkle with remaining crumbs and cover thoroughly. Chill for 12 hours. Cut into slices and top with whipped cream. Serves 10 to 12. Use cherries for garnish.

### SUSAN'S APPLE CRISP

6 tart apples  
1 cup sugar  
1/4 teaspoon ground cloves  
1/2 teaspoon cinnamon  
2 tablespoons lemon juice  
3/4 cup flour  
1/8 teaspoon salt  
6 tablespoons margarine  
1/4 cup chopped nuts

Peel, core, and slice apples. Mix with 1/2 cup sugar and spices and lemon juice. Pour into buttered casserole. Blend remaining sugar, flour, salt, butter and nuts. Sprinkle over apples. Bake at 350 degrees for 45 minutes. Serve warm with ice cream. May be frozen.

## DESSERTS

## AUNTI NELLIE'S APPLE CRUNCH

3      cups sliced apples  
 1      cup flour  
 2      teaspoons baking powder  
 1      cup sugar

Add:

2      eggs, beaten  
 2      teaspoons vanilla  
 1/2    cup chopped nuts

Mix altogether well in one bowl. Mixture will be quite stiff. Put in 8-inch buttered pie pan. Sprinkle with cinnamon or nutmeg, if desired. Bake 30 minutes at 350 degrees.

## AUNT ALPHA'S NON-FAT DESSERT

1      cup unbleached flour  
 1/2    cup wheat germ  
 1      cup brown sugar  
 1      teaspoon soda  
 1/4    teaspoon salt  
 1      can fruit cocktail  
 1      egg  
 1/2    cup brown sugar  
 1/2    cup chopped walnuts

Sift well together. Drain fruit cocktail. Beat egg. Add to dry mixture. Stir well with spoon. Put into greased pan 9 x 9. Mix brown sugar and chopped nuts and spread over top. Bake 40 minutes at 350 degrees. Top with Dream Whip - serves 8.

## CHOCOLATE CINNAMON TORTE

2-3/4    cups flour  
 2      tablespoons cinnamon  
 1-1/2    cups margarine

2      cups sugar  
 2      eggs  
 1      square unsweetened chocolate, grated  
 2      squares, semi-sweet chocolate, curled  
 4      cups heavy cream  
 2      tablespoons cocoa  
 12     candied cherries  
 12     walnut halves

Mix flour and cinnamon. Mix margarine, eggs and sugar. Add flour mixture. Bake in 9-inch greased pans (1/3 cup at a time) for 8-12 minutes. Makes at least 12 layers. Whip cream. Fold in cocoa and grated chocolate. Spread between layers. Top with curls of chocolate, cherries, and walnuts around edge. Serves 12.

## CINNAMON FLUFF

Topping:

1/2    cup sugar  
 1      tablespoon butter  
 1      tablespoon cinnamon

Fluff:

1/2    cup butter or margarine  
 2/3    cup sugar  
 2      eggs, well beaten  
 1-1/2    cups flour  
 1      teaspoon baking powder  
 1      tablespoon cinnamon  
 1      cup milk (sour can be used)

Mix topping ingredients together smoothly. Butter 1-1/2 quart baking dish. Set oven at 350 degrees. Cream butter or margarine and sugar until smooth. Stir in eggs. Add dry ingredients alternately with milk. Beat one minute. Pour batter into prepared dish. Spread with topping. Bake 1 hour. Serve warm (good with ice cream).

## JELLY ROLL

4 large eggs, beat slow until foamy

Add.

3/4 teaspoon salt  
3/4 teaspoon baking powder, beat until foamy  
1 teaspoon vanilla  
3/4 cup sugar, gradually beat until thick  
3/4 cup flour, beat slowly

Put on a teflon cookie sheet with sides on wax paper. Bake at 375 degrees for 15 minutes. When done lay on a powdered sugar covered cloth. Peel off wax paper, if used. Spread with chokecherry jelly or any favorite kind on it. Roll it up. Put the powdered sugar cloth around it and cool.

## APPLE ROLL

4 medium apples (peeled, cored and chopped)  
1-1/2 cups sugar  
1 pint water

Put sugar and water in a 9 x 13 pan over low heat. While syrup is cooking, make rich biscuit dough:

2 cups flour  
1/2 teaspoon salt  
2 tablespoons sugar  
3 teaspoons baking powder  
4 tablespoons shortening  
3/4 cup milk

Sift dry ingredients together. Cut in shortening. Add milk and stir with a spoon until dough holds together. Knead about 1/2 minute. Roll out 1/4-inch thick and spread with chopped apples, a little sugar and cinnamon. Roll up like a jelly roll. Cut into pieces about 1-1/2 inches thick. Place pieces of roll cut side down in pan of hot syrup. Place small pieces of butter on top and sprinkle with sugar and cinnamon. Bake at 450 degrees

until apples are cooked and crust brown - about 25 minutes.

## DESSERTS

### OATMEAL COOKIES

1/2 cup margarine  
1-1/4 cups sugar (1/2 white, 1/2 brown)  
2 eggs  
6 tablespoons dark molasses  
1-3/4 cups flour  
1 teaspoon soda  
1 teaspoon salt  
1 teaspoon cinnamon  
1/2 teaspoon nutmeg  
2 cups rolled oats  
1/2 cup chopped nuts  
1 cup raisins

Blend first four ingredients. Add flour, spices, soda, and salt. Fold in oats, nuts and raisins. Chill. Drop on greased sheet and bake at 400 degrees for 8 to 10 minutes. May be frozen.

### CARROT COOKIES

1 cup honey  
1/4 teaspoon baking soda  
2 eggs, beaten  
1 cup grated carrots  
1 cup raisins  
2 cups rolled oats  
2 cups flour  
2 teaspoons baking powder  
1/3 teaspoon salt  
1/2 cup melted margarine  
1 teaspoon cinnamon

Mix all ingredients well. Drop by teaspoonsful onto greased cookie sheet. Bake at 350 degrees 8-10 minutes.

## DESSERTS

### RAISIN OATMEAL COOKIES

Combine 1 cup raisins and 1-1/4 cups boiling water in a sauce pan. Simmer for 10 minutes. Drain raisins. Reserve and cool 1/2 cup of liquid.

Measure and sift together:

2	cups sifted flour
1	teaspoon soda
1/2	teaspoon salt

Work with a spoon until soft:

1	cup lard
1	cup sugar

Beat until light and fluffy.

Blend in:

2	eggs
1	teaspoon vanilla

Add sifted ingredients, then cold raisin liquid. Add cooked raisins with 2 cups rolled oats and 1/2 cup nuts. Makes about 3-1/2 dozen. Bake at 350 degrees for 15 minutes.

### NATURE COOKIES

2	cups sifted flour
3/4	teaspoon baking soda
1/4	teaspoon salt
1	teaspoon cinnamon
1/4	teaspoon nutmeg
2/3	cup soft shortening
3/4	cup firmly packed brown sugar
1	egg
1/4	cup honey
1/2	cup mashed ripe banana
2	cups 100% natural cereal

Mix and sift flour, baking soda, salt, cinnamon and nutmeg into a large bowl. Add shortening, brown sugar, egg, honey and banana. Beat together until thoroughly combined. Stir in cereal. Cover and chill dough one hour. Drop by teaspoons onto greased cookie sheet. Bake at 350 degrees for 12-15 minutes. Cool and frost. Makes 5 dozen.

### HONEY BUTTER FROSTING

1/4	cup butter or margarine
1/4	cup honey
2	cups powdered sugar
1	teaspoon water

Beat together butter and honey. Gradually beat in powdered sugar and water. Frost cooled cookies.

### MEXICAN WEDDING CAKES

Mix together:

1	cup soft butter
1/2	cup powdered sugar
1	teaspoon vanilla
1	egg

Sift together:

2-1/2	cups flour
1/4	teaspoon salt
3/4	cup chopped nuts

Chill dough, roll in 1-inch balls, place 2-1/2 inches apart on ungreased baking sheet; bake until set but not brown. Roll in powdered sugar. Let cool and roll in sugar again. Bake at 400 degrees for 12 minutes.

## CRANBERRY TREASURES

3/4	cup shortening
2-1/2	cups cake flour
1/2	teaspoon salt
1/2	teaspoon cinnamon
1-or	
3/4	cup sugar (1 cup for cranberries; 3/4 cup for currants)
1	teaspoon baking powder
1	teaspoon grated lemon rind
1	cup chopped nuts
1	cup washed and dried cranberries or currants
2	eggs, well beaten
6	tablespoons milk

Cream shortening. Combine flour, salt, cinnamon, sugar and baking powder. Cut flour mixture into shortening until consistency of coarse corn meal. Add lemon rind, nuts, cranberries, eggs and milk. Drop by teaspoons on well-greased cookie sheet. Bake at 350 degrees for about 15 minutes. Substitute 1 cup shredded coconut for nuts, if desired.

## SCOTTISH SHORTBREAD

1/2	cup butter
1/2	stick margarine
2	ounces solid Crisco (2 pieces the size of walnuts)
1/2	cup sugar
2	cups flour
1/2	cup corn flour (cornstarch)
	pinch salt

Do not let butter come to room temperature as it absorbs too much flour. Wipe off counter top. Knead butter and margarine into sugar, cornstarch and Crisco. Then knead the flour in gradually. Divide the dough and roll each piece on to an ungreased cookie sheet. Roll in a circle 1/4 to 1/2-inch thick, pinch the edges, prick with a fork and refrigerate 30 minutes. Bake at 300 degrees for 30 minutes, or until it's golden. When still hot, cut into

sections and sprinkle with sugar. Let cool on cookie sheet. Will improve if it's kept in an air-tight tin for several days.

## DESSERTS

### RAISIN SHORTBREAD CHEWS

1/2	cup butter or margarine
1-1/2	cups brown sugar, firmly packed
1	cup plus 2 tablespoons sifted flour
2	eggs
1	teaspoon baking powder
1	teaspoon vanilla
1	teaspoon grated orange peel
1/2	teaspoon salt
1-1/2	cups chopped California raisins
1	cup chopped walnuts

With fork, mix together butter, 1/2 cup brown sugar and 1 cup flour until crumbly; press into 13 x 9-inch pan. Bake at 375 degrees 8 to 10 minutes. Cool. Meanwhile beat eggs until fluffy; beat in remaining brown sugar and flour, baking powder, vanilla, peel and salt. Stir in raisins and nuts. Spoon mixture over crust. Return to oven; bake 20 minutes more. Cool in pan; cut while slightly warm.

### COCONUT REFRIGERATOR COOKIES

1-1/2	cups flour
1	teaspoon soda
1	teaspoon salt
2	eggs
1	cup butter
1	cup brown sugar
1	cup white sugar
3	cups quick oats
1/2	cup nuts
1-1/2	cups coconut

Cream butter and sugars; add eggs and beat until fluffy. Add flour, soda, and salt. Mix in rolled oats, nuts and coconut. Shape into rolls and refrigerate. Bake at 375 degrees for 10 minutes. Makes about 5 dozen.

## DESSERTS

## JUMBO COOKIES

1 cup shortening  
 2 cups brown sugar  
 3 eggs  
 1/2 cup cold water  
 1 teaspoon vanilla  
 1 teaspoon soda  
 1/2 teaspoon salt  
 1/8 teaspoon cinnamon (optional)  
 3-1/2 cups flour

To this mixture you may add chocolate chips, nuts, raisins, coconut or make a filling of raisins or dates. When using filling, make a dent into the dropped cookie and add 1/2 teaspoon of batter over the filling. Bake in 350-degree oven for 12-15 minutes or until nicely browned.

## DATE COOKIES

2 cups brown sugar  
 1 cup shortening  
 3 eggs

Cream above ingredients together. Add to first mixture:  
 1 teaspoon vanilla and 1/2 cup water.

Sift together:

3-1/2 cups flour  
 1 teaspoon salt  
 1 teaspoon cinnamon  
 1 teaspoon soda

Mix altogether and drop by teaspoonsful onto cookie sheet. Place spoonful of filling on top of each cookie. Then add 1/2 teaspoon of dough on filling. Bake at 375 to 400 degrees for 8 minutes.

## FILLING FOR DATE COOKIES

2 cups chopped dates or raisins  
 1/2 cup water  
 3/4 cup sugar  
 1/2 cup nuts (optional)

Cook until sugar is dissolved. Cool before placing on dough.

## FIG COOKIES

1 cup brown sugar  
 1 cup white sugar  
 1 cup lard  
 1/2 teaspoon salt  
 2 teaspoons baking powder  
 5 cups flour

Mix like pie crust. Add 3 eggs, beaten, 1/2 cup buttermilk with 1 teaspoon soda dissolved, 2 teaspoons vanilla. Mix altogether and roll out quite thin on a pastry canvas. Add filling to one half of dough and fold over other half. Cut with a knife and bake in 350-degree oven until golden brown.

## FIG FILLING

1 cup figs, ground up  
 1/2 cup sugar  
 3/4 cup water  
 1/2 teaspoon cinnamon  
 2 tablespoons lemon juice  
 1 tablespoon flour or cornstarch  
 pinch salt

Boil mixture until thick and add 1 teaspoon vanilla. Cool.

## ORANGE DROP COOKIES

1-1/2 cups sugar  
1-1/2 cups shortening, part butter  
3 eggs  
1-1/2 teaspoons baking soda  
1-1/2 teaspoons baking powder  
4-1/2 cups flour  
1-1/2 cups fresh orange juice  
grated rind of 1-1/2 oranges

Cream sugar and shortening, add eggs and blend well. Sift together dry ingredients and add alternately with orange juice and rind. Drop by spoonful on cookie sheet, not too close together. Bake at 350 degrees about 10 minutes. Frost with frosting made by adding orange juice and a bit of grated rind to powdered sugar to a spreading consistency.

## PEANUT BUTTER ROUNDUP COOKIES

1 cup soft shortening  
1 cup brown sugar  
3/4 cup white sugar  
2 eggs  
1 cup peanut butter  
2 cups flour  
2 teaspoons soda  
1/2 teaspoon salt  
1 cup oatmeal

Beat shortening and sugars together until creamy. Add eggs and peanut butter, beat well. Sift flour, soda, salt, and add to creamed mixture, mixing well. Stir in oats. Shape dough in 1-inch balls. Place on ungreased cookie sheet and press down with tines of fork. Bake at 350 degrees 8 to 10 minutes. Makes 6 dozen.

## PEANUT BUTTER COOKIES

1 cup butter  
1-1/4 cups sugar  
3/4 cup firmly-packed light brown sugar  
2 eggs  
1 teaspoon vanilla  
1 cup crunchy peanut butter  
2-1/2 cups sifted regular all-purpose flour  
2 teaspoons baking soda  
1/2 teaspoon salt

In a mixing bowl, cream butter; gradually add sugars and beat until light and fluffy. Beat in eggs and vanilla. Blend in peanut butter. Sift together flour, baking soda and salt; gradually add to creamed mixture. Drop by rounded teaspoons onto baking sheet; press with back of floured fork to make crisscross. Bake 10 to 12 minutes in a 350-degree oven.

## PEANUT BUTTER THUMBPRINTS

2/3 cup margarine  
1/2 cup peanut butter  
1-1/2 cups brown sugar  
2 eggs  
1/2 cup milk  
2-1/2 cups flour  
2 teaspoons baking powder  
1 cup peanuts (chopped)  
1 cup cranberry sauce

Combine margarine and peanut butter with brown sugar and eggs. Add wet and dry ingredients. Fold in peanuts. Chill dough. Drop by teaspoonsful on greased cookie sheets. Make a depression in the center of each; fill hole with cranberry sauce. Bake at 375 degrees 10 to 12 minutes. Makes 4 dozen. Cookies may be frozen.

## DESSERTS

## DESSERTS

## HAWAIIAN MOON DROPS

3	cups flour
1	teaspoon baking powder
1	teaspoon soda
1	teaspoon salt
3/4	cup brown sugar
2/3	cup butter
1/2	cup white sugar
2	eggs
1	teaspoon vanilla
1/4	teaspoon lemon extract
2/3	cup crushed pineapple, drained
1	cup walnuts
	toasted coconut

In a large mixing bowl, combine all ingredients except pineapple and walnuts. Save toasted coconut. Blend well at low speed. Stir in pineapple and walnuts. Drop by rounded teaspoons onto greased cookie sheet. Bake at 375 degrees for 12 to 15 minutes. Cool and frost; dip in toasted coconut.

## CHOCOLATE PINWHEEL COOKIES

1/2	cup butter
1	cup sugar
1/2	cup peanut butter
1	egg
1	teaspoon vanilla
1-1/4	cups flour
1/4	teaspoon salt
1/2	teaspoon soda

Sift flour together with salt and soda. Cream shortening. Add sugar, slightly beaten egg, vanilla and peanut butter. Add flour mixture. Roll out on waxed paper. Melt 1 package of chocolate chips in double boiler. Spread on dough mixture. Roll up and refrigerate for 20 minutes (no longer). Slice and bake on ungreased cookie sheet at 375 degrees for 8 to 10 minutes.

## FROSTED CASHEW CLUSTERS

1/2	cup butter
1	cup brown sugar
1	egg
1/3	cup sour cream
3/4	cup walnuts
2	cups flour
3/4	teaspoon baking powder
3/4	teaspoon soda
1/4	teaspoon salt
1/2	teaspoon vanilla

Cream butter and sugar until fluffy; beat in egg and vanilla. Add dry ingredients alternately with sour cream. Drop by teaspoon on cookie sheet. Bake at 350 degrees for 10 minutes.

## Frosting:

1/2	cup melted butter
3	tablespoons cream
2	cups powdered sugar
1	teaspoon vanilla

Mix and spread.

## ROLLED SUGAR COOKIES

1-3/4	cups sugar
3-1/2	cups flour
1	teaspoon soda
1/2	teaspoon salt
3/4	cup butter (not margarine)
1	egg, well beaten
1	teaspoon vanilla
1/2	cup sour milk or buttermilk

Sift flour once, measure, add baking soda and salt and sift together three times. Work shortening with spoon until creamy. Add sugar, egg, and vanilla. Add 1/2 flour alternately with milk, beating until smooth after each addition. Work in remaining flour. Chill 2 hours or even overnight. Roll thin on lightly-floured board. Bake at 425 degrees for 8-10 minutes. Makes 3 dozen.

## DROP SUGAR COOKIES

1/2 cup butter or oleo  
 1/2 cup shortening  
 1 cup sugar (or 1/2 cup each granulated and brown sugar)  
 1 teaspoon vanilla  
 1 egg  
 2 tablespoons milk  
 2-1/2 cups sifted flour  
 1/2 teaspoon soda  
 3/4 teaspoon salt

Cream shortening and sugars together. Add vanilla, egg and milk. Sift together dry ingredients and add to creamed mixture. Drop by teaspoons onto greased cookie sheet. Flatten with bottom of glass which has been dipped in sugar. Bake at 400 degrees for about 12 minutes. Remove racks and cool. Makes 5-1/2 dozen 2-inch cookies.

## SUGAR AND SPICE COOKIES

1-1/2 cups shortening  
 2 cups sugar  
 2 eggs  
 1/2 cup molasses  
 4 cups flour  
 4 teaspoons soda  
 2 teaspoons cinnamon  
 1/2 teaspoon salt  
 1-1/2 teaspoons ginger

Blend first four ingredients thoroughly. Sift dry ingredients and stir in. Roll dough into balls the size of walnuts. Roll in sugar. Bake at 350 degrees for 10 to 12 minutes.

## BRAZILIAN JUBILEE COOKIES

1-1/2 cups flour  
 1-2 tablespoons instant coffee  
 1 teaspoon baking powder

1/2 teaspoon salt  
 1/2 teaspoon cinnamon  
 3/4 cup sugar  
 1/4 cup firmly-packed brown sugar  
 1/2 cup butter  
 1 egg  
 2 teaspoons vanilla  
 1 cup chopped brazil nuts  
 semi-sweet chocolate pieces

In a large mixing bowl, combine all ingredients except Brazil nuts and chocolate pieces. Blend well at low speed. Stir in 1/2 cup Brazil nuts; mix thoroughly. Chill dough for ease in handling. Shape into balls using a rounded teaspoon for each. Bake at 350 degrees for 12 to 15 minutes. Place a few chocolate pieces on a cookie sheet and when partly melted, spread to frost and sprinkle with remaining nuts.

## VANILLA WAFERS

1 cup butter  
 1-1/4 cups powdered sugar  
 1 egg  
 1 teaspoon vanilla  
 1 teaspoon soda  
 1 teaspoon cream of tartar  
 1/8 teaspoon salt

Cream butter and powdered sugar. Beat in egg and vanilla. Combine flour, soda, cream of tartar, and salt; add to creamed mixture. Roll up, wrap in foil and refrigerate. Bake when desired in 350 degree oven for 8 to 10 minutes.

## DESSERTS

### MERINGUE COOKIES

4 egg whites, beaten stiff  
1 cup sugar  
1/4 teaspoon cinnamon  
3/4 cup chocolate chips

Sift together sugar and cinnamon. Add gradually to egg whites. Beat 5 minutes and stir in chocolate chips. Drop on waxed paper on cookie sheet and bake 1 hour at 350 degrees. Makes 4 dozen.

### ALMOND ROCA COOKIES

1 cup butter  
1/2 cup brown sugar  
1/2 cup white sugar  
1 teaspoon vanilla  
1 egg yolk  
2 cups cake flour (or regular flour)  
6 Hershey bars (\$.15 ones) (plain)  
chopped almonds (optional)

Cream butter, sugars and vanilla until light. Add egg yolk and 2 cups flour. Mix well light pie dough, spread on flat greased pan or cookie sheet. Bake at 350 degrees for 15 to 20 minutes. Remove from oven, lay Hershey bars on top. When they soften, spread like frosting. Sprinkle chopped almonds on chocolate while it is still warm. Cool; cut or break into pieces.

### SCOTCH COOKIES

2 cups sugar  
1 cup butter  
2 eggs  
1/2 cup molasses  
1 tablespoon vanilla  
1 tablespoon soda in scant 2 tablespoons boiling water

5 cups flour  
1/2 teaspoon salt

Cream sugar and butter. Mix with other ingredients in order given. Shape into rolls and chill. Slice. Sprinkle sugar on top and bake at 400 degrees for 10 to 12 minutes.

### BOHEMIAN KOLACHES

Scald and cool 1 pint milk

Add:

2/3 cup melted lard  
1/2 cup sugar  
1-1/2 teaspoons salt  
2 cakes yeast in a little warm watter and 1 teaspoon sugar  
2 whole eggs and 2 egg yolks, beaten  
6 cups flour or enough for soft dough

Let rise and make into balls size of English walnut. Let get real light, press down centers. Fill with cooked apricots or prunes (sweeten and thicken). Keep well-greased while rising. Bake and brush with melted lard or margarine.

### FORK COOKIES

3/4 pound shortening  
2 eggs  
dash salt  
1 teaspoon baking soda  
1 teaspoon baking powder  
1 teaspoon vanilla  
4 cups flour  
2 cups brown sugar

Mix well. Roll into tiny balls and place on greased cookie sheet; press with floured fork. Decorate and color if you wish for festive occasions. Bake at 375 degrees for 10-15 minutes. Yields 5-6 dozen.

## CRY BABY COOKIES

Cream together:

- 3/4 cup butter or lard
- 1 cup sugar
- 1 egg

Add alternately:

- 1 cup milk
- 1 cup molasses
- 2 teaspoons soda
- 2 cups raisins and nuts
- 4 cups flour
- 1 teaspoon cinnamon
- 1/4 teaspoon cloves
- 1/4 teaspoon allspice
- pinch salt

Bake at 350 degrees about 12 minutes. Makes about 3 dozen cookies.

## WHOOPIE PIES

- 2 cups flour
- 1 teaspoon soda
- 1/4 teaspoon salt
- 1/3 cup cocoa
- 1 egg
- 3/4 cup milk
- 1/3 cup cooking oil
- 1 teaspoon vanilla

Combine all ingredients. Drop by teaspoons onto greased cookie sheet and bake for 12 minutes at 350 degrees.

Filling:

- 1 stick margarine
- 1 cup confectioners sugar

- 3 heaping teaspoons marshmallow fluff
- 1 teaspoon vanilla

Cream all ingredients to a smooth consistency. Use as a filling between two chocolate covers.

## BUTTERSCOTCH CLUSTERS

- 1 12-ounce package butterscotch chips
- 1/2 cup peanut butter
- 3 cups crushed corn flakes

Melt together in sauce pan over low heat butterscotch chips and peanut butter, stirring constantly until well-blended. Remove from heat. Add corn flakes; stir until well-coated. Drop by teaspoons onto waxed paper. Let stand in cool place until firm.

## SNICKERDOODLES

- 1 cup shortening (part butter or margarine)
- 2 teaspoons cream of tartar
- 1-1/2 cups sugar
- 2-3/4 cups flour
- 1 teaspoon soda
- 2 eggs
- 1/4 teaspoon salt
- 2 tablespoons sugar
- 2 teaspoons cinnamon

Mix shortening, sugar (1-1/2 cups) and eggs thoroughly. Stir together flour, cream of tartar, soda, and salt and blend in. Form in 1-inch balls. Roll in mixture of sugar and cinnamon. Place about 2 inches apart on ungreased baking sheet. Bake 8-10 minutes at 400 degrees. Makes about 4-1/2 dozen cookies.

## DESSERTS

## DESSERTS

### WALNUT MACAROONS

2      cups ground walnuts  
2/3    cup sugar  
1/2    teaspoon salt  
2      egg whites  
1/3    cup strawberry preserves

Combine nuts and sugar. Add salt and egg whites. Form into small balls. Place 2 inches apart on ungreased sheet. Press small hole in center of each ball. Fill with strawberry preserves. Top with cherry half, cut side down. Makes 3 dozen cookies. Cookies may be frozen.

### CORN FLAKE MACAROONS

3      egg whites  
1      cup sugar  
1/2    cup coconut  
2      cups corn flakes  
pinch salt

Beat egg whites until stiff. Beat in sugar gradually. Fold in pinch of salt, vanilla, coconut and corn flakes. Drop by teaspoons onto greased cookie sheet. Bake at 350 degrees for 15 to 18 minutes. Makes 3 dozen cookies.

### CHRISTMAS COOKIES

1      cup butter  
1-1/2    cups brown sugar  
2      eggs  
2-1/4    cups flour  
1/2    cup mixed fruit  
1      teaspoon cinnamon  
1      pinch salt  
1      teaspoon vanilla  
4      rings candied pineapple  
1      package candied cherries, left whole  
3      cups cut dates  
1      cup filbert nuts, ground  
1      cup walnuts, ground

1      cup pecans, ground  
1/2    cup mixed fruit with 1/4 cup flour

Mix altogether and drop on cookie sheet. Cook 12 minutes in a 350-degree oven. Put in the refrigerator 1 hour before baking.

### CHRISTMAS WREATHS

2-1/2    cups flour  
1      cup margarine  
2      egg yolks  
2      teaspoons grated orange peel  
1/4    teaspoon salt  
1      egg white  
red and green cherries, chopped  
sugar

Beat 1/2 cup sugar with first 5 ingredients. Roll a heaping teaspoon of dough into a 6-inch rope. Place in a circle on a cookie sheet, crossing each end with 1/2-inch extending beyond overlap. Brush with egg white and sprinkle with more sugar. Add cherries as decoration. Bake 10-12 minutes at 400 degrees or until golden. Makes 4-1/2 dozen; cookies may be frozen.

### FRUIT CAKE COOKIES

1      cup margarine  
2      cups brown sugar  
2-3    eggs  
1/2    cup sour milk  
3-1/2    cups flour (sifted)  
1      teaspoon baking powder  
1      teaspoon salt  
2      cups fruit cake mix (or fruit)  
1      cup chopped dates  
1      cup raisins  
1      teaspoon vanilla

Mix thoroughly. Chill thoroughly. Drop on ungreased cookie sheet. Bake at 400 degrees 8-10 minutes. Makes 7 dozen. May be frozen.

## CHRISTMAS CRESCENTS

1/4	vanilla bean
1	cup sifted confectioners sugar
1	cup walnut meats
1	cup soft butter
3/4	cup granulated sugar
2-1/2	cups sifted all-purpose flour

Chop vanilla bean and pound in mortar until fine. Mix with confectioners sugar, put in air tight container and leave to mellow overnight. To make cookies chop walnuts into small pieces and pound in mortar to a paste. With wooden spoon or fingers, mix walnut paste, butter, sugar, and blend in flour to make a smooth dough. Use about one teaspoonful for each cookie and shape into crescent. Bake on ungreased cookie sheet about 15 minutes until light golden in 350 degrees oven. Cool one minute then roll in confectioners sugar and vanilla bean prepared the night before. When cooled, store in air-tight container. These cookies mellow with age so can be made well in advance. A very rich and melt-in-your-mouth cookie.

## BROWNIES

1/2	cup oil
1	cup sugar
2	eggs
2	tablespoons cocoa
1	cup unbleached flour
1/2	cup wheat germ
1/2	teaspoon baking powder
1	teaspoon vanilla
1	cup chopped walnuts

Bake at 300 degrees about 20 minutes in rectangular cake tin.

## BROWNIES

1	cup white sugar
1	cup brown sugar
4	eggs (well-beaten)
2-1/2	squares chocolate
2/3	cup melted butter or Crisco
1	cup flour
1/2	teaspoon salt
1/2	teaspoon baking powder
1	cup chopped walnuts
1	teaspoon vanilla

Beat eggs well and add sugar. Melt butter and chocolate together and add to egg mixture. Sift flour, baking powder and salt and add to mixture. Add nuts and vanilla. Spread on 11 x 6-inch, well-greased pan. Bake at 350 degrees for about 25 to 30 minutes.

## FARMER'S BROWNIES

1/4	cup cocoa
1	cup hot water
3/4	cup butter
2-1/2	cups flour
1	teaspoon baking soda
1/2	teaspoon salt
2	cups sugar
2	eggs (slightly beaten)
1/2	cup buttermilk
1	teaspoon vanilla
1	cup chopped nuts

Mix cocoa into hot water, stir in butter and cool. Sift dry ingredients and stir in cocoa mixture. Add eggs, beat in buttermilk, then vanilla. Add nuts. Bake at 375 degrees for 20 minutes in 10 x 15 pan.

Frosting:

Beat powdered sugar, cocoa and water with butter for richness.

## DESSERTS

## DESSERTS

### FUDGE CAKE BROWNIES

2 sticks margarine  
4 squares baking chocolate  
4 eggs  
2 cups sugar  
1-1/4 cups sifted flour  
1 teaspoon vanilla  
1 cup chopped nuts

Melt together margarine and chocolate and cool. Beat eggs. Add sugar, flour, vanilla. Pour into a 9 x 13 greased pan. Bake at 325 degrees for 30 minutes. Cool and ice with Fudge Icing.

#### Fudge Icing:

2-3 squares baking chocolate  
3 tablespoons margarine  
2 cups powdered sugar  
1/4 teaspoon salt  
1 teaspoon vanilla  
5 tablespoons milk

Melt chocolate and margarine together and cool. Add sugar, salt, vanilla and milk. Beat until thick enough to spread.

### FROSTED PUMPKIN BARS

4 eggs, beaten  
1 cup salad oil  
2 cups sugar  
1 can pumpkin  
1/2 teaspoon salt  
2 teaspoons cinnamon  
1 teaspoon soda  
2 cups flour  
1 cup nuts  
1 cup raisins (optional)

Bake at 350 degrees for 20-25 minutes.

### Frosting:

3 ounces cream cheese  
6 tablespoons butter  
2-1/3 cups powdered sugar  
1 teaspoon vanilla  
1 teaspoon milk, more if needed

Spread on warm bars. Sprinkle chopped nuts over top. Freezes well.

### HONEY BARS

1 cup honey  
3 eggs, well-beaten  
1 teaspoon baking powder  
1-1/3 cups flour  
1 cup chopped walnuts  
1 cup chopped dates  
1 teaspoon vanilla

Mix honey and well-beaten eggs together. Add baking powder and flour. Mix in order given. Bake in long, flat pan. Mixture should be 1/4-inch thick, after baking about 1/2-inch thick. Cut in strips 1/2-inch wide and 3 inches long. Before serving, roll in powdered sugar. These are very fine for the holidays as they can be made ahead of time and will improve in flavor. Bake at 350 degrees for 15 to 20 minutes.

## APRICOT BARS

2/3	cup dried apricots
1/2	cup margarine, melted
1/4	cup sugar
1-1/3	cups flour
1/2	teaspoon baking powder
1/4	teaspoon salt
1	cup brown sugar
2	eggs
1/2	teaspoon vanilla
1/2	cup chopped walnuts
	powdered sugar

Boil apricots in water for 10 minutes. Drain. Combine sugar, 1 cup flour and margarine. Pat into greased 8 x 8 x 2-inch pan. Bake 25 minutes at 350 degrees. Mix eggs, brown sugar, remaining flour, baking powder, salt and vanilla. Stir in nuts and apricots. Pour over baked layer. Bake 30 minutes more. Cool. Cut into bars. Roll in powdered sugar. Makes 2-2/3 dozen. Bars may be frozen.

## MOM'S TANNIES

1	cup brown sugar
3	tablespoons margarine
2	egg whites
1	teaspoon vanilla
1/2	teaspoon cinnamon
3/4	cup sifted flour
1	teaspoon baking powder
1/2	cup chopped dates
1/2	cup chopped walnuts

Cream sugar and margarine. Add egg whites, vanilla, and cinnamon. Stir in remaining ingredients. Bake at 350 degrees 30-35 minutes in greased 8-inch square pan. Cut when cool.

## APPLE BARS

2	cups flour
1	teaspoon salt
3/4	cup melted margarine
4-5	tablespoons water
5	cups sliced, pared apples
1/2	cup sugar
1/2	cup brown sugar
1/4	cup flour
1/4	teaspoon ground cinnamon

Combine 2 cups flour, margarine and salt. (Mixture will be drumbly.) Set aside 1 cup. To remainder, add water. Roll out dough and spread in bottom of 13 x 9 x 2-inch greased loaf pan. Combine sugar and apples. Spread over crust. Combine brown sugar, 1/4 cup flour, cinnamon and reserved crumb mix. Sprinkle over top. Bake at 400 degrees for 35-40 minutes. Makes 2 dozen. Bars may be frozen.

## 7 LAYER BARS

1/4	cup margarine
1	cup graham cracker crumbs
1	cup coconut
1	6-ounce package butterscotch chips
1	6-ounce package chocolate chips
1	can Eagle Brand milk
1	cup chopped nuts

Melt margarine in baking pan, add crumbs evenly, sprinkle coconut and chips over crumbs. Pour milk over evenly. Sprinkle top with nuts. Bake at 325 degrees for 30 minutes.

## DESSERTS

## DESSERTS

### AUTUMN SPICE BARS

1	cup raisins
2	cups water
1/2	cup shortening
1-1/3	cups flour
1	cup sugar
1/2	teaspoon salt
1	teaspoon soda
1	teaspoon cinnamon
1	teaspoon nutmeg
1/2	teaspoon cloves
1/2	teaspoon allspice
1	egg
1/2	cup walnuts

Simmer raisins and water. Add shortening to water and raisins. Cool. Mix dry ingredients together. Add to cooled raisin mixture. Mix. Add egg. Mix. Spread in a 13 x 9 x 2 banking pan. Bake at 350 degrees for 30 minutes. When cooled, the bars may be frosted.

Frosting:

1/4	cup butter
2	cups powdered sugar
2	tablespoons sour cream
1	teaspoon vanilla

Brown butter until golden brown. Remove from heat and add remaining ingredients. Beat. Spread on cooled bars.

### MARBLE SQUARES

1/2	cup butter or margarine, softened
1/4	cup plus 2 tablespoons granulated sugar
1/4	cup plus 2 tablespoons brown sugar (packed)
1/2	teaspoon vanilla
1	egg
1	cup flour
1/2	teaspoon salt
1/2	teaspoon soda
1	6-ounce package semi-sweet chocolate chips

Grease oblong pan, 13 x 9 x 2 inches. Mix butter, sugars and vanilla thoroughly. Beat in eggs. Blend in flour, soda and salt. Spread in prepared pan. Sprinkle chocolate chips on top of dough. Place in oven 1 minute. Remove from oven and run knife through dough to marblize. Return to oven; bake 12 to 14 minutes at 375 degrees. Cut into 2-inch squares. Makes 2 dozen.

### HONEY-PECAN BUTTERBALLS

1	cup butter
1/4	cup honey
2	cups sifted flour
1/2	teaspoon salt
2	teaspoons vanilla extract
2	cups finely chopped pecans
	confectioners sugar

Cream butter; gradually add honey and beat well. Stir in flour, salt and vanilla. Mix well. Add chopped nuts. Form into very small balls and place on a greased baking sheet. Bake at 300 degrees for 40 to 45 minutes. Roll in confectioners[ sugar while still hot. Cool and roll again in confectioners sugar. Makes 6 dozen.

## DOUBLE CRUNCHERS

Sift together:

1 cup flour  
1/2 teaspoon baking soda  
1/4 teaspoon salt

Set aside.

Combine:

1/2 cup shortening  
1/2 cup white sugar  
1/2 cup brown sugar (packed)

Beat until light and creamy. Blend in 1 egg and 1/2 teaspoon vanilla. Stir in flour mixture.

Add:

1 cup corn flakes (crushed)  
1 cup rolled oats (quick or regular)  
1/2 cup coconut

Remove 1/2 of dough and reserve.

Shape remaining 2/3 dough into balls, using level teaspoonful. Place on greased cookie sheets. Flatten with bottom of a glass dipped in flour. Shape reserved dough into 1/2 teaspoonful and flatten on cookie sheet. Bake at 350 degrees for 8 to 10 minutes.

Chocolate Filling (for Double Crunchers):

Melt over hot water one 6-ounce package semi-sweet chocolate chips with 1/2 cup powdered sugar and 1 tablespoon water. Blend in one 3-ounce package of cream cheese and beat until smooth. Spread filling over larger cookies and top with small ones. Yields 3-1/2 dozen.

## EASY DIVINITY

1 cup sugar  
1/2 cup water

Boil until it makes hard thread. Beat 2 egg whites. Whip syrup into beaten egg white; let stand. Boil 3 cups sugar and 1/2 cup water and 1 cup white Karo syrup. Boil mixture until it threads hard or makes a fairly hard ball in water or is hard when hit with a spoon. Pour into first mixture, add 1 teaspoon vanilla and beat by hand until quite stiff. Drop on waxed paper. Makes about 100 pieces. Decorate with colored sugar, if desired.

## MOM'S DIVINITY PUFFS

Beat:

2 egg whites stiff

Combine:

2-1/2 cups sugar  
1/2 cup water  
1/2 cup light corn syrup

Cook to thin stage or 234 degrees with candy thermometer. Pour 1/2 mixture over whites, stirring constantly while pouring. (Use mixer if available). Cook remaining half of syrup to 260 degrees or to soft crack stage. Pour over the egg white mixture, beating constantly. Beat until mixture holds its shape when dropped from spoon. Add 1/2 teaspoon vanilla. Swirl from teaspoon onto waxed paper. Nuts, candied pineapple, or cherry, black walnut or other flavors may be added.

## DESSERTS

## DESSERTS

## JELLO DIVINITY

3	cups sugar
3/4	cup hot water
3/4	cup white Karo syrup*
1/4	teaspoon salt

Boil mixture to hard ball stage. When almost to hard ball stage, beat 2 egg whites to soft peaks and add 3 tablespoons of any flavor jello to egg whites, continue beating until jello is dissolved, add 1 teaspoon vanilla. Slowly add syrup mixture to egg whites, then continue beating until gloss is gone. Add 1 cup walnuts and drop on waxed paper by teaspoon or tablespoon, or spread in lightly-buttered pan. Cut when cool. Before boiling syrup mixture, grease bottom and sides of pan with butter to keep syrup from sticking.

## FUDGE

4-1/2	cups sugar
1	cup butter
1	large can evaporated milk
1	12-ounce package chocolate chips
1	pint marshmallow creme
1-1/2	cups chopped nuts
1	teaspoon vanilla

Bring to boil sugar and butter for 8 minutes. Add chocolate chips, milk, marshmallow creme, nuts and vanilla. Mix thoroughly until well-blended. Pour into oblong pan fairly deep. Refrigerate until firm. Cut into squares. Cover when not in refrigerator. Use waxed paper or Saran Wrap.

**Special Note:** This fudge never gets hard. It is as always as delicious as the first day you made it. Keeps for months if you can keep it away from everybody that long!

## WHITE FUDGE

2-1/4	cups granulated sugar
1/2	cup dairy sour cream
1/4	cup milk
2	tablespoons butter
1	tablespoon light corn syrup
1/4	teaspoon salt
2	teaspoons vanilla
1	cup coarsely chopped walnuts
1/3	cup quartered candied cherries

Combine sugar, sour cream, milk, butter, corn syrup and salt in heavy 2-quart sauce pan. Stir over moderate heat until sugar is dissolved and mixture reaches a boil. Boil over moderate heat 9 to 10 minutes to 238 degrees (soft ball stage). Remove from heat and allow to stand until lukewarm (110 degrees) about 1 hour. Add vanilla, and beat until mixture just begins to lose its shape. (Requires very little beating). Quickly stir in walnuts and cherries and turn into oiled pan. Let stand until firm before cutting. Makes 1-1/2 pounds. Cook to 240 degrees if weather is damp.

## PEANUT BUTTER FUDGE

2	cups sugar
1/2	cup milk
1/3	cup light syrup
2	tablespoons cocoa
1/2	cup peanut butter

Combine all ingredients except peanut butter in sauce pan. Boil 5 minutes; remove from heat. Add small amount of butter. Set in pan of cold water until bottom of pan is cool. Add peanut butter and beat. Spread in greased 8 x 8 pan and cut into pieces as soon as it is set.

## NEVER FAIL POPCORN BALLS

Pop corn and have ready.

Boil together:

2	cups sugar
1	cup Karo, white syrup
1	tablespoon vinegar

Boil 10 minutes; let stand a minute and add 1 teaspoon soda; stir soda in gently. Put popcorn into syrup. After syrup has been put into fairly large pan, stir. Form balls with hands, not too fast as it will be hot. Color may be added and a loop of string stuck in while still soft for tree decoration. Use a little butter on hands to keep from sticking.

## DATE NUT LOAF CANDY

Boil 3 cups sugar and 1-1/2 cups milk until it forms a soft ball in cold water. Add 1/2 cup dates cut up and boil 5 minutes more. Take off stove and add 1 cup nuts and 1 teaspoon butter and beat until cool enough to pour out.

## HAY STACKS (CANDY)

5      cups coconut (browned in oven)

Syrup:

1	cup white sugar
1	cup brown sugar
3/4	cup water
1	cup dark syrup
2	tablespoons butter
1/2	teaspoon salt

Boil to hard ball stage; pour over coconut. Drop from spoon to look like little hay stacks.

## CRACKER JACKS

2	cups sugar
2/3	cup light molasses
1/2	teaspoon soda
1/2	cup light syrup
1/2	cup water
1/2	teaspoon vinegar
3	teaspoons butter

Cook all ingredients until syrup makes a ball in cold water. Take off stove. Add soda. Pour over 4 poppers of popcorn and 1 cup peanuts. Spread on table and break up when cool.

## AEBLESKIVERS

8	eggs, separated
1	tablespoon sugar
1-1/2	cups cream
2	cups flour, sifted
1/2	cup melted butter

Beat yolks and sugar. Add flour and mix well. Add cream and butter. Fold in stiffly beaten egg whites. Fry in Aebleskiver pan. (You can use crochet hook to turn them). Roll in powdered sugar. Serve hot with butter and jam.

## DATE BALLS

2/3	cup condensed milk (not evaporated)
1	cup coconut
1	cup chopped nuts
1	cup chopped, pitted dates
1	teaspoon vanilla

Mix together. Shape into balls 1-inch apart on greased baking sheet. Bake at 350 degrees 10-12 minutes or until golden. Makes 2 dozen. Balls may be frozen.

## DESSERTS

## DESSERTS

### CHRISTMAS COCONUT BALLS

2	egg whites
1	cup chopped nuts
1	cup chopped dates
1	cup coconut
1	cup chopped maraschino cherries
1/2	teaspoon almond extract
1/2	teaspoon vanilla
1/2	cup granulated sugar

Beat egg whites until stiff. Gradually beat in sugar and fold in dates, nuts, coconut and flavorings. Spread in an 8 x 8 pan (ungreased). Bake 20 minutes at 300 degrees. Remove and turn into bowl and add cherries. Let stand until cool. Form into balls and roll in granulated sugar.

### CRUNCHY GRANOLA

6	cups quick-cooking rolled oats
1	cup raw sunflower seeds
1/2	cup sesame seeds
1/2	cup raw bran flakes
1	cup wheat germ
1	cup flaked coconut
3/4	cup corn oil
1	cup honey
1/2	cup molasses
1/4	cup milk
1	cup pitted dates (snipped fine)

In large bowl, mix first six dry ingredients; add corn oil and mix well. Add milk to molasses and honey in sauce pan. Bring to a boil and boil for one minute. Pour honey-molasses mixture over cereal mixture and stir until well-coated. Toast on two large cookie sheets until golden brown (about 15 minutes), in a 350-degree oven. Stir frequently while toasting. Cool thoroughly, add dates and store in tightly covered container.

Note: The granola recipe may be varied by using apricots and raisins in the place of dates, or by substituting peanuts or cashews for the sunflower seeds.

### EASY GRANOLA

1-1/3	cups safflower oil
1/2	cup coconut
3/4	cup fresh wheat germ
1	package shelled sunflower seeds
1/2	cup honey
1-1/2	tablespoons brown sugar
4	cups oatmeal

Oil a large open pan, measure the safflower oil into the pan, then the honey in the same measuring cup; add the rest of the ingredients. Mix well. Bake at 250 degrees for 30 minutes. Use a spatula and turn the granola frequently. Transfer from the pan before it is cool.

### VANILLA ICE CREAM (Custard Base)

2-1/2	cups sugar
6	tablespoons flour
1/2	teaspoon salt
5	cups milk (scalded)
6	eggs
4	cups heavy cream
4-1/2	teaspoons vanilla

For extra-rich ice cream, use all cream and omit milk.

Combine sugar, flour and salt in sauce pan. Slowly stir in hot milk. Cook over low heat for about 10 minutes, stirring constantly until mixture is thickened. Mix small amount of hot mixture into beaten eggs. Add to hot mixture and cook 1 minute longer. Chill in refrigerator. Add cream and vanilla. Pour into gallon freezer and freeze as usual.

## COUNTRY VANILLA ICE CREAM

4 eggs  
2-1/4 cups sugar  
5 cups milk  
4-1/2 teaspoons vanilla  
1/2 teaspoon salt

Add sugar gradually to beaten eggs. Continue beating until mixture is very stiff. Add remaining ingredients and mix thoroughly. Pour into gallon freezer and freeze according to directions.

Variation with Fresh or Frozen Fruit:

Substitute 4 cups puree sweetened fresh or three 12-ounce packages frozen fruit, thawed and mashed, for 4 cups milk. Reduce sugar to 1-3/4 cups. Use 1 teaspoon vanilla and 1-1/2 teaspoons almond flavoring if desired.

## CRANBERRY ICE CREAM

4 cups cranberry sauce  
1/3 cup fresh orange juice  
1/3 cup fresh lemon juice  
1/8 teaspoon salt  
3 cups heavy cream, lightly whipped

Combine cranberry sauce, orange juice, lemon juice, salt and lightly whipped heavy cream. Churn and freeze.

## PINK PEPPERMINT ICE CREAM

2 cups evaporated milk  
1 pound peppermint candy  
2 cups heavy cream  
1/4 teaspoon salt

Pour undiluted evaporated milk over the peppermint candy. Let stand 6 to 8 hours in the refrigerator. Pour mixture through a cheesecloth to strain out undissolved particles of candy. Whip heavy cream with salt until stiff and fold into peppermint mixture. Churn and freeze.

## PUMPKIN ICE CREAM

1 cup cooked fresh pumpkin (about 1 small pumpkin or 1 pound) or canned pumpkin  
6 egg yolks  
1 cup granulated sugar  
1/4 teaspoon salt  
1/2 teaspoon ground cinnamon  
1/2 teaspoon ground nutmeg  
1/2 teaspoon ground ginger  
4 cups heavy cream

Peel, seed, and cut pumpkin into small pieces. Cook pumpkin pieces in boiling water for 30 minutes until tender. Drain. Puree cooked pumpkin by forcing through a food mill. Beat egg yolks until thick and creamy. In a double boiler, combine pumpkin puree, beaten egg yolks, sugar, salt, cinnamon, nutmeg, and ginger. Cook, stirring until well-blended and thickened. Cool. Lightly whip heavy cream and add cream to the cooled mixture. Churn and freeze.

## CASHEW NUT ICE CREAM

1/2 pound unsalted cashew nuts, skinned and chopped  
1 pound strained honey  
3 egg yolks, beaten  
1/8 teaspoon salt  
3 egg whites, stiffly beaten  
1-1/2 cups heavy cream, lightly whipped

Combine cashew nuts and honey, mixing well. Add beaten egg yolks, salt, stiffly beaten egg whites and lightly-whipped heavy cream to the nut-honey mixture. Churn and freeze.

## DESSERTS

## DESSERTS

### PEACH ICE CREAM

3	cups canned peaches
2	tablespoons unflavored gelatin
1	cup granulated sugar
1/4	teaspoon salt
1	teaspoon almond extract
1	teaspoon vanilla extract
1/4	teaspoon red food coloring
3	cups heavy cream, lightly whipped

Drain the peaches and then puree them in an electric blender. Add gelatin to 1/4 cup of the peach puree. Let stand for 5 minutes. In a sauce pan, combine remaining peach puree, sugar and salt. Heat to a boil, stirring occasionally. Add the gelatin-peach puree mixture to the hot peach mixture. Stir and cool. Add almond and vanilla extracts, food coloring and lightly whipped cream to the cooled mixture. Churn-freeze.

### CHOCOLATE CHIP ICE CREAM

6	cups heavy cream
3	tablespoons cornstarch
3/4	cup milk
4	eggs, beaten
1	cup granulated sugar
1	tablespoon vanilla extract
12	ounces semi-sweet chocolate bits

In top of double boiler, heat heavy cream. Dissolve cornstarch in the milk and add to the hot cream. Cook, stirring occasionally, until slightly thickened. Beat a tablespoon of the hot custard into the beaten eggs and then stir eggs into custard. Continue to cook until thick. Remove from heat. Add sugar to custard and beat until smooth. Cool. Add vanilla and chocolate to the cooled custard. Churn-freeze.

### PAPAYA ICE CREAM

1	ripe papaya
1/2	cup orange juice
3	tablespoons lemon juice
1/2	pint cream
1/2	cup sugar

Peel papaya, remove seeds and blend in blender to make fine puree. To 1-1/2 cups puree, mix all other ingredients well. Put in 2 ice cube trays and freeze until firm.

### PUMPKIN ICE CREAM SQUARES

1-1/2	cups graham cracker crumbs
1/4	cup sugar
1/4	cup melted butter
1	16-ounce can Libby's pumpkin
1/2	cup brown sugar
1/2	teaspoon salt
1	teaspoon cinnamon
1/4	teaspoon cloves
1	quart vanilla ice cream (softened)
	whipped cream and pecans (optional)

Mix crumbs with sugar and butter. Press into bottom of 9-inch square pan. Combine pumpkin with brown sugar, salt and spices. Fold in ice cream. Pour into crumb-lined pan. Cover and freeze until firm. Cut into squares about 20 minutes before serving. Top with whipped cream and pecans. Makes nine 3-inch squares.

## ORANGE SHERBET

1-1/2 cups granulated sugar  
1/2 cup light corn syrup  
3 cups water  
1/4 teaspoon salt  
1/2 cup fresh lemon juice  
2 cups fresh orange juice

In a sauce pan, mix together sugar, corn syrup, water and salt. Cook, stirring on low heat for 5 minutes. Cool. Add lemon juice and orange juice to the cooled mixture. Churn-freeze.

## CANTALOUE SHERBET

3 cups water  
1-1/2 cups granulated sugar  
4 cups fresh cantaloupe pulp (about 2 medium-sized melons, 2-1/4 pounds each)  
2 tablespoons fresh lemon juice

In a sauce pan combine water and sugar. Boil for 5 minutes. Cool. Remove cantaloupe from shell and puree in an electric blender on high speed. Add cantaloupe pulp and lemon juice to sugar syrup. Churn-freeze.

## APRICOT SHERBET

4 cups water  
1 cup granulated sugar  
2-1/2 cups canned apricot nectar  
2 tablespoons fresh lemon juice

In a sauce pan combine water and sugar. Boil for 5 minutes. Cool. Add apricot nectar and lemon juice to sugar syrup. Churn-freeze.

## CREAMY LIME SHERBET

1 3-ounce package lime flavored gelatin  
1-1/4 cups sugar  
1 6-ounce can frozen limeade concentrate  
4 cups milk  
1 cup boiling water  
3/4 tablespoon salt  
8 drops green food coloring  
2 cups light cream

Dissolve gelatin in boiling water. Add sugar and salt. Add limeade, stirring until thawed. Stir in food coloring, milk and light cream. Pour into 1-gallon freezer container, filling about 3/4 full. Freeze following usual procedure for crank or electric ice cream freezer. Makes 1 gallon.

## DESSERTS

# **HOME-MADE WINE**



Making wine in your own home can be approached from two different points of view. You can be very exacting and precise and even come very close to reproducing your favorite commercially-bottled wines. Or you can approach it from a recreational viewpoint and make wine as a seasonal or part-time hobby. I tend to favor the latter approach for a couple of reasons. Much of the excitement comes from trying a new recipe and not knowing beforehand what it will taste like. I also feel that, at least in some cases, one can take the real fun out of something by getting too complex and exacting in its completion.

The following, then, is simply an overview of the wine-making process. It is by no means the "final word" on the subject nor is it meant to cover everything.

Before you get carried away and kick off the first batch, we have to make everything right with Uncle Sam. A wine-making permit is required by law. Fortunately, completing this is no hassle. All you do is write to the same government office where your income tax is paid and ask for "U.S. Treasury Department Internal Revenue Form No. 1541." The name is enough to scare you off, but the form is quite short and very easy to fill out. And I saved the best news for last. You are allowed 200 gallons per year and the permit is free of charge.

Basic equipment is readily available and fairly cheap, especially when you consider that your wine will cost about 25 to 30 cents per quart. Wine can be made in almost any container that has a tight-fitting lid. Gallon glass jugs work very well, but I strongly recommend using five-gallon plastic buckets with a snap locking top. These containers usually start out in bakeries filled with icing or pie filling and are then sold or sometimes given away. Ask at the bakery department of any large grocery store. The advantages of the larger containers are many. The time involved in making five gallons of wine is not that much greater than in making only one gallon. Also, the larger amount enables you to sample the product at various stages in its development and still have something left when it has aged and mellowed properly.

We will also need the following items that can be purchased from a store selling wine-making supplies. First, we need some type of air lock that allows the gasses produced by fermentation to escape without letting any air back in. Air locks usually employ the method of bubbling the gasses through a small container of water and act as a very effective one-way valve. This lock should be accompanied by a rubber cork or stopper with a hole in it. The stem of the air lock is inserted through the hole in the stopper and then the stopper is inserted in a hole drilled in the top of the container.

Also we will need approximately six feet of flexible, clear plastic tubing to use as a siphon hose. A 3/8-inch inside diameter tubing works well. It will be used to transfer wine from one container to another.

Then purchase any good all-purpose wine yeast. There are specific yeasts for particular wines, and you may want to get into that as your skills develop. But for our purposes, the all-purpose yeast will be the best.

A short word on other additives and chemicals sold in wine-making departments. Most of these are overpriced to the point of being a rip-off. If you know the name of a specific chemical, run down to your friendly neighborhood drugstore and buy it there at half the price.

I would also recommend one other purchase. Buy a book on wine-making. There are several choices in any good book store and are usually written for various levels of expertise in the art. Find one with recipes for different types of wine. This book should be a valuable reference tool for uses of chemicals like campden or bisulphide and for the use of hydrometers and some of the other more sophisticated measuring instruments.

Before we walk into the kitchen to get started, we should discuss probably the single most important aspect in wine-making, and that is cleanliness. All the utensils, containers and materials that come into contact with the wine must be sterile to avoid fermenting something other than alcohol. This is very important. Winemaking is a sort of controlled decay. The process of fermenting sugar, fruit and water has to be strictly controlled in order to grow only those things that you want to grow. If you get the wrong thing growing in your wine, you went through a lot of time and effort for nothing.

Now pick a recipe that sounds good and get the proper fruit or juices needed. Gather your materials in the kitchen and wash everything squeaky clean. Take a 1½ gallon pan, fill it with one gallon of water and bring it to a boil. At this point I always add my sugar to the water so that it will be completely dissolved. Pour the boiling water into the container that you are making the wine in and repeat the boiling process until you have the proper amount of sugar and water in the wine container. Stir in the fruit or juice and allow the mixture to cool until it is lukewarm or even cold. Then add the yeast and cover the container with the lid and air lock. Make sure you don't get the container too full, as the yeast action will produce a foamy head above the level of the liquid. Four gallons is about the right amount of liquid for a five-gallon container.

Locate the container in a warm, draft-free spot in the house. Try to find a place with a consistent temperature and get it up off the floor if drafts can occur. The fermentation process will be faster and more complete if this method is used.

After the first day, things will start to happen. If you are using a crushed fruit mixture, the bubbling action will float the fruit to the top of the container. This should be stirred so that it will sink back into the liquid. You may have to do this two or three times a day and should be done regularly to get the flavor and natural sugar from the fruit into the liquid.

Strong fermentation will continue for approximately 21 days. At this time the bubbling will be reduced greatly and it is time to go from the primary to the secondary stage. Strain the liquid through a colander, strainer jelly bag or whatever is clean and handy. This will remove the big pieces of fruit. Also try to leave out as much of the sediment in the bottom of the container and then sterilize the same container and return the wine to it. Put the lid and the air lock back on and leave it alone until all fermentation stops. The time this takes varies with the type of wine and can take from 2 weeks to 2 months.

Now that fermentation has stopped, it is time to settle out all the yeast and small particles in the wine. One of the easiest ways is to drop the temperature of the wine about 40 degrees. You can put it in the refrigerator, or if space won't allow this, put it in the garage or basement in the coldest corner you can find.

Another method used to clear wine is to save your breakfast egg shells. Wash them off and crush them up finely. Gently stir the crushed egg shells into the wine and try not to stir the sediment on the bottom.

After a week or so, the wine will start to clear and it is time to transfer the wine into another container. Use the clear plastic siphon hose for this step. Put the hose in the top of the container and siphon the wine from the top down until you start drawing the sediment on the bottom. Stop at this time. The wine can then be bottled in your favorite container.

The wine can probably be consumed at this time but usually imparts a yeasty or "green" taste. Even though it takes a large amount of will power, I would recommend that you let it age for at least six months or, better yet, for a full year. The wine will improve remarkably with age and the wait is well worth the finished product.

Finally, I would suggest that as you complete each step in the wine-making process, write down everything you

did. Note such things as variations in the original recipe, dates the wine was started, transferred and bottled. The reason for this is that if you get an excellent wine, you will be able to duplicate the exact recipe at a later date. Or on the other hand, if you have a recipe that bombs, you can study your notes and try a different variation on the next batch.

In closing, I would like to list a potpourri of things that may save you a little trouble or help make your drinking more pleasurable. Here goes . . . . Yeast can be frozen solid but too much heat will kill it dead. Never pour yeast into hot liquid. Never use orange drink or grape drink in wine-making. Make sure it is pure juice. The "drinks" have preservatives and artificial things that will not allow a ferment. Stay away from fruit juices that have a high acid content unless you are a chemist. Go into partners with someone and buy bulk sugar, yeast and chemicals. It's cheaper. One of my friends makes what he calls a 30-day Wunderwine. He runs a 21-day primary ferment, then kills the yeast with sodium metabisulphide. He racks it off and throws the jugs into the nearest snowbank for nine days. It's some dynamite stuff!!

With a wine yeast, alcohol content at 16 or 17 percent it not unheard of. To boost your alcohol content, run an additional primary ferment. To do this you add more yeast and sugar at the end of the first 21 days. Sometimes a batch of wine doesn't want to quit fermenting. I've had some carry on for four months. You can either kill the yeast with chemicals or try cooling it down in the same manner you would settle or clear it out.

#### DANDELION WINE

- 1 gallon blossoms
- 1 gallon sugar
- 1 gallon water
- 1 yeast cake or package
- 1 lemon
- 1 orange

Pinch all stems off blossoms. Pack them down a little in the pail. Put the blossoms, sugar and sliced lemon and orange in a crock. Pour boiling water; when lukewarm, add yeast that has been soaked in warm water. Let stand three days; stir each day, strain. Put in jugs or bottles; fill each day with sugar water. Let ferment 4 or 6 weeks in a warm place. Strain through cloth and bottle.

#### RHUBARB WINE

- 12 pounds rhubarb
- 2 gallons water
- 8 pounds sugar

Cut rhubarb in small pieces. Put in crock; let soak for 3 days; stir each day. Strain through cloth; add sugar; put in bottles. Fill each day with sugar water. Let ferment 4 to 6 weeks in a warm place. Strain through cloth and bottle. Do not put corks on too tight.

#### WILD CHOKECHERRY WINE

Fill a crock within about 3 inches from the top with cherries. Cover with cold water. Let stand about 12 days. Stir each day. As the water goes down, pour on enough water to cover cherries. Strain; add 1/2 as much sugar as juice. Let ferment 4 to 6 weeks in a warm place. Strain through cloth and bottle. If sweeter wine is desired, more sugar can be added after the wine is through fermenting.

HOME-  
MADE  
WINE

BEET-GRAPE WINE

6 pounds beetroot  
1 gallon water  
wine yeast  
1 lemon  
3-1/2 pounds sugar  
1/2 cup grape concentrate (bottled or frozen)

Wash beets (do not peel); cut in slices and cook in water until tender. Strain onto the sugar and stir until dissolved. Add juice from lemon. When cooled, add yeast. Cover with plastic and leave for 24 hours. Put into fermenting bottle and fit air lock; ferment out. Rack in three weeks. When clear and stable, bottle. Keep 6 to 8 months.

SWEET CHERRY WINE

9 pounds fruit  
1 pound raisins  
1 package yeast  
8-1/2 pounds sugar  
2 gallons boiling water  
juice of lemon

Put fruit in one-half of the boiling water. Let come to boil; add sugar; stir well to dissolve. Add remaining water. Set aside to cool until lukewarm. Add yeast; stir well. Strain and let ferment.

## **METHODS OF COOKING**



## KITCHEN AND HOUSEHOLD HINTS

To prevent lemons from drying out, place them in cold water and then into the refrigerator. Change the water at least once a week.

When frying donuts, place a few cloves or a few drops of vinegar into the fat.

Cauliflower will remain white if a little milk is added while cooking.

A strip of bacon placed in the bottom of a pan will keep meat loaf from sticking.

To prevent gummy noodles, rice, macaroni and spaghetti, add 2 teaspoons of cooking oil to the water before cooking.

Place a heel of bread on top of cabbage before putting the lid on the pot and cooking it; there will be no odor. The bread has no effect on the cabbage and should be removed after cooking. Also good for broccoli and brussels sprouts.

A few drops of vinegar in the water when poaching eggs will keep the eggs from running all over the pan.

When cooking vegetables, cover those that grow underground, such as onions and potatoes and leave uncovered all vegetables that grow above the ground.

For mashed potatoes, cook the potatoes with their skins on, then peel them and mash with a little hot milk. The texture is different, but the vitamin value is increased.

When soup is too salty add slices of raw potatoes and boil for a few minutes or add a couple of pinches of brown sugar. This will overcome the salty taste but will not sweeten it.

Poke loaves of bread with a fork after shaping into loaves to remove air and then let rise and bake.

\*

Marinate liver in lemon juice for 30 minutes before cooking.

To prevent soggy French toast, use frozen bread. Keep the bread in the freezer until the last minute and then cook as usual.

Boil carrots with the skins on. When done, place them in cool water and the skins will slip off.

A little vanilla poured on a piece of cotton and placed in the refrigerator will eliminate odors.

After using a beater of any kind, rinse immediately under cold water. Give it a few quick shakes and set aside to dry.

To make copper shine like new, clean with salt and vinegar.

To make cleaning up grease easier, first wipe down with Kleenex. This will absorb most of the grease.

When cutting quilt blocks, make a pattern out of an ink blotter or felt. When placed on the material, it will not slide as paper does.

To clean small intricate designs on silver pieces, use mascara brush.

Put a small amount of cologne in the water when sprinkling clothes. This leaves a nice odor in drawers and closets.

Use a little vinegar to rinse silk stockings. This will increase their elasticity.

Keep a wet sponge handy when ironing. Works well to dampen dried hot spots.

Do not starch linens that are to be stored. They will rot in time.

To mend a leaky vase, melt some paraffin and pour a thick layer into the bottom. Allow to harden.

## METHODS OF COOKING

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To remove pitch from hands or clothes, rub well with peanut butter and then wash.

If shirts are wrinkled due to leaving in the dryer too long, wet a hand towel and place in the dryer with shirts. Run dryer on hot for 5 minutes. Take out immediately and hang on hangers. No ironing is needed.

To avoid breaking nut meats, place nuts in a moderate oven until warm. If the shells are then cracked, the nuts will come out whole and the skins can be loosened easily.

When hot cloths are needed to relieve pain, heat them in a steamer instead of wringing them out of hot water.

### DRAWING SALVE

4       ounces pure lard  
4       ounces bee's wax  
2       ounces resin  
1/1     fluid ounce carbolic acid

Dissolve first three ingredients. Remove from fire and add carbolic acid. Stir until it thickens.

### PLANT FERTILIZER

1       teaspoon epsom salts  
1       teaspoon salt peter  
1       teaspoon baking powder  
1/3     teaspoon ammonia

Mix into 1 gallon of water. Use once a month in place of regular water.

### WALL CLEANER

1       cup ammonia  
1/2     cup vinegar  
1/4     cup baking soda  
1       gallon warm water

Apply with sponge. Will not dull paint or streak.

## PREPARING WILD FOODS

### Edibility Rule:

1. Prepare sample. Eat 1 teaspoonful
2. After 2 hours, if no ill effects, prepare and eat 1 tablespoonful
3. If no ill effects, plant may be considered edible

### Berry Rule:

White: Poison  
Red: Danger  
Blue: Edible  
Black: Edible

Star on flower end of berry - Good.  
Dot on flower end of berry – Caution.

### SALADS AND GREENS

1. Asparagus, Wild (shoots)
2. Cabbage, Skunk (Leaves): Boil thrice.
3. Cattail (Shoot, Root, Stalk): Boil raw.
4. Curly Dock: Boil.
5. Dandelion (Roots, Leaves): Boil raw.
6. Daisy (Petals): Raw.
7. Fern, Bracken
8. Milkweed
9. Mustard, Wild
10. Nettle
11. Onion, Wild: Boil raw.
12. Plantain (Leaf): Raw.
13. Rose Apple, Wild (Fruit)
14. Water Cress (Leaves)

### POT HERBS (Cooked like Spinach)

1. Nettle: Drain water thrice.
2. Skunk Cabbage (Leaf)
3. Solomon's Seal (Shoots)

VEGETABLES (Usually boiled)

1. Arrowhead
2. Bellwort (shoots)
3. Bullrush
4. Cattail (roots, flower)
5. Milkweed (young pods)
6. Yellow Pond Lily

COFFEE (Roots dried and roasted)

1. Dandelion
2. Goat's Beard
3. Goldenrod (flowers)
4. Wild Coffee (fruit, orange)

TEA (Dried leaves steeped in water)

1. Basswood (flowers)
2. Bergamot (leaves)
3. Elderberry (flowers)
4. Labrador Tea (leaves)
5. Plaintain (leaves)
6. Spearmint (leaves)
7. Spice Bush (twigs)
8. Spruce (needles)
9. Staghorn Sumac (cones)
10. Strawberry (leaves)
11. Wintergreen (leaves)

FLOUR (Dried and crushed tubers, roots, nuts or seeds)

1. Cattails (roots)
2. Oak (acorns)

NUTS – SEEDS

1. Hazel (nut)
2. Hickory (nut)
3. Oak (acorn)
4. Sunflower (seeds)
5. Walnuts (nut)

AVOID

1. Seeds of fruit (cyanide poison)
2. Plants with milk sap (except figs, dandelion and lettuce)
3. Soapy-tasting plants
4. Bulbs with fairly large flower
5. Plant resembling:
  - a. Dill
  - b. Parsley
  - c. Parsnip
  - d. Carrot-like foliage
6. ALL mushrooms must be considered poisonous
7. Bitter-tasting fruit
8. Smoke from toxic or poisonous plants (poison oak, ivy and sumac)
9. Wood of laurel and rhododendrons in cooking spits, etc.

POISONOUS PLANTS COMMON TO THE NORTH-WEST

1. False Hellebore
2. Lupine Pea
3. Water Hemlock
4. Death Camas
5. Bane Berry
6. Fox Glove
7. Night Shade
8. Jack-in-the-Pulpit

EXTREME STARVATION FOODS

1. Aspen (inner bark and buds)
2. Maple (inner bark)
3. Pine (inner bark and pine nuts)
4. Willow (inner bark and young leaves)

METHODS  
OF  
COOKING

MISCELLANEOUS USE OF PLANTS

1. Salt (ashes of sunflower)
2. Pepper (smartweed leaves)
3. Tobacco (inner bark of osier dogwood)
4. Soap (yucca)
5. Scouring pad (scouring rush)
6. Thread (nettles and inner bark)
7. Seasoning (wild ginger and onions)
8. Twine (spruce roots)
9. Containers (bark of birch, elm and bamboo sections)
10. Yarrow (seasoning)

TABLE OF WEIGHTS AND MEASURES

3	teaspoons	= 1 tablespoon	= 15 milliliters
2	tablespoons	= 1 ounce	= 30 milliliters
16	tablespoons	= 1 cup	= 250 milliliters
8	ounces	= 1 cup	= 250 milliliters
32	ounces	= 1 quart	= .9463 liters
2	cups	= 1 pint	= .4732 liters
4	quarts	= 1 gallon	= 3.785 liters

FOOD EQUIVALENTS

Cheese:  
1 pound = 2-2/3 cup cubed

Chocolate:  
1 square unsweetened = 3 tablespoons cocoa plus 1 tablespoon fat

Chocolate chips:  
1 6-ounce package = 1 cup  
1 12-ounce package = 2 cups  
1 pound cocoa = 4 cups

Coffee:  
1 pound = 5 cups ground

Cracker Crumbs:  
soda crackers = 1 cup  
graham crackers = 1 cup

Dates:  
1 pound pitted = 1-3/4 cup cut up

Eggs:  
1 egg = 4 tablespoons liquid or 1/4 cup  
4-5 whole eggs = 1 cup  
7-9 whites = 1 cup  
2 whites = 1/4 cup  
12-14 yolks = 1 cup  
3 yolks = 1/4 cup  
1 whole = 2 yolks plus 1 tablespoon water

Flour:  
1 pound all-purpose = 4 cups  
1 pound cake = 4-1/2 cups

Macaroni:  
1 cup broken, uncooked = 2-2/3 cups cooked

Nuts:  
1 pound shelled almonds = 3-1/2 cups nutmeats  
1 pound shelled pecans = 4 cups nutmeats  
1 pound shelled peanuts = 3 cups nutmeats  
1 pound walnuts = 4 cups nutmeats

Rice:  
1 cup uncooked = 3 cups cooked

Shortening or Butter:  
1 pound = 2 cups

Spaghetti:  
1 cup broken, uncooked = 2 cups cooked

Sugar:  
1 pound brown = 2-1/4 cups firmly-packed  
1 pound granulated = 2 cups  
1 pound powdered = 3-1/2 cups sifted

## BASIC FACTS ABOUT COOKING WITH HERBS

1. Use herbs sparingly; it is better to have too little than too much.
2. Don't use herbs in every dish; use only for variety and accent.
3. When using blends of herbs, have only one strong flavored herb in the mixture with the remaining herbs having a less pronounced flavor. Blends should be very subtle.
4. If you use fresh savory leaves of herbs, chop them exceedingly fine. The more the cut surface is exposed, the more aromatic herb oils are released. When using dried leaf herbs, crush the leaves as you add to foods.
5. 1/2 teaspoon of dried herb leaves is the equivalent of 1 teaspoon of fresh chopped leaves.
6. To help bring out the flavor of herbs, try soaking them in a few drops of water or lemon juice about 30 minutes before using.
7. To draw out the flavor and permit storage for longer periods of time, blend herbs into butter, fats or oils, and then heat the mixture gently.
8. Herb vinegars are excellent in soups, chopped meats, on salads, sauces and for basting roast meats and poultry.
9. When using herbs in soups and gravies, tie sprigs of fresh herbs in tiny bundles and place them in the foods during their last 20 minutes of cooking. If dry herbs are used, place them in a cheesecloth bag and add them to the food during the last part of their cooking period.
10. If herbs are cooked for too long a period in foods, they will lose their aroma and can give the foods a bitter flavor.
11. The amount of herbs used in a dish will depend on the freshness of the dried herbs being used. The fresher the dried herbs, the stronger they are.

## DIFFERENT HERBS FOR DIFFERENT DISHES

### BREADS, CAKES, PASTRIES:

caraway, coriander, sesame, anise, cumin

## METHODS OF COOKING

### CHEESE:

basil, sweet marjoram, thyme, tarragon

### CREAM OR COTTAGE CHEESE:

chives, mint, dill, sage, sweet basil, marjoram, thyme, French tarragon

### CONFECTIONARY:

mint, sesame, caraway, coriander, borage flowers

### EGG DISHES:

chives, tarragon, basil, chervil, parsley

### DESSERTS:

mint, sweet marjoram, anise

### FRUIT CUP and COLD BEVERAGES:

mint, borage, lemon balm, salad burnet, thyme, rosemary, anise

### JAMS & JELLIES:

mint, rosemary, lemon verbena

## MEATS, POULTRY, FISH

### BEEF:

basil, sweet marjoram, summer savory, thyme, rosemary

### PORK:

sage, basil, rosemary, sweet marjoram, chives

### LAMB:

sweet marjoram, summer savory, thyme, sage

### VEAL:

rosemary, summer savory, thyme, sage

### POULTRY:

summer savory, tarragon, thyme, marjoram, sage

### FISH:

fennel, sage, thyme, basil, chervil, parsley

## SAUCES

### MEAT & POULTRY SAUCE :

dill, mint, tarragon, thyme, chervil, marjoram

### FISH SAUCE:

fennel, parsley, chervil, thyme, mint, tarragon

## METHODS OF COOKING

### BEEF VEGETABLE SOUP OR STEWS:

basil, sweet marjoram, summer savory, parsley, thyme, chives, chervil

### VEGETABLES

BEETS: basil, summer savory, fennel, caraway, coriander

CABBAGE: mint caraway, fennel

CARROTS: summer savory, mint, basil, parsley, thyme

ONIONS: tarragon, thyme

PEAS: mint, summer savory, basil, chives, rosemary

SPINACH: sweet marjoram, mint

STRING BEANS: summer savory, sweet marjoram, sage

TOMATOES: sweet basil, sweet marjoram, sage, thyme

POTATOES: parsley, basil, chives

PICKLES & CONDIMENTS: dill, mint, tarragon, burnet, sage, rosemary, borage, fennel, anise

VINEGARS: tarragon, burnet, dill, basil, mint, lemon balm, sweet marjoram

TEAS: mint, sage, lemon balm, sweet marjoram, catnip, thyme, anise, chamomile, lemon verbena

### DIFFERENT HERBS FOR DIFFERENT VEGETABLES

ASPARAGUS: sweet basil, dry mustard, nutmeg, savory, tarragon, thyme

AVOCADO: cayenne pepper, chili powder, paprika

BEANS (Green): basil, curry powder, dry mustard, nutmeg, oregano, savory, marjoram

BEETS: allspice, cloves, basil, dry mustard, nutmeg, paprika, thyme, fennel

BROCCOLI: basil, curry powder, nutmeg

BRUSSEL SPROUTS: basil, curry powder, dry mustard, nutmeg

CABBAGE: mint, caraway, fennel, basil, tarragon

CARROTS: basil, summer savory, mint, parsley, thyme, ginger, nutmeg

CAULIFLOWER: rosemary, sage

CELERY: basil, marjoram, curry powder, dry mustard

CUCUMBER: basil, tarragon, thyme

LETTUCE: marjoram, chili powder

MUSHROOMS: rosemary, thyme

ONIONS: marjoram, tarragon, thyme, rosemary

PEAS (Green): mint, summer savory, basil, rosemary, ginger

POTATOES (White): basil, parsley, chives, mint

POTATOES (Sweet): cinnamon, ginger, nutmeg

RUTABAGAS: basil, rosemary, savory, thyme

SPINACH: sweet marjoram, mint, rosemary

SQUASH (Summer): basil, marjoram, rosemary, sage

SQUASH (Winter): allspice, cinnamon, cloves, nutmeg

TOMATOES: sweet basil, sweet marjoram, oregano, sage, tarragon, thyme

TURNIPS: allspice, basil, nutmeg

### DIFFERENT HERBS FOR DIFFERENT SOUPS

Herbs make good soups even better. A spice garnish adds a finishing touch.

ASPARAGUS: chives, curry powder, mace, paprika, sage

BEAN: allspice, basil, oregano, savory, tarragon

BEEF: celery seed, chili powder, curry powder

BEEF CONSOMME: bay leaf, whole cloves, oregano, garlic, marjoram, tarragon

BORSCHT (Beet): bay leaf, whole cloves, oregano, thyme

CHICKEN: celery salt, nutmeg, sage, rosemary

CHICKEN GUMBO: bay leaf, cayenne, oregano, parsley

CHICKEN NOODLE: marjoram, nutmeg

CHOWDERS: basil, bay leaf, caraway seed, celery seed, paprika, tarragon, thyme

MINESTRONE: basil, garlic, oregano, parsley, sage

MULLIGATAWNY: cloves, curry powder, mace, parsley

ONION: marjoram, thyme

OXTAIL: bay leaf, marjoram, thyme

PEA SOUP: allspice, basil, cardamon seed, cloves, rosemary, savory

TOMATO: basil, cloves, curry powder, marjoram, oregano, thyme

VEGETABLE: basil, celery salt, cloves, marjoram, sage, rosemary, savory, thyme

VICHYSSOISE OR POTATO: basil, caraway, chives, cloves, curry, nutmeg

#### HERBS FOR SALADS AND SALAD DRESSINGS

The seasoning makes the salad. Experiment with some of the suggestions below. They will give you some delightful results.

Egg Salads: cayenne paper, curry powder, chili powder, garlic, dry mustard, celery salt, capers, sesame seed, chopped chives, summer savory, tarragon, chervil, basil

Chicken Salads: use all the seasonings that egg salads require with the exception of chili powder

Seafood Salad: caraway seed, cayenne pepper, celery salt, sweet marjoram, thyme, basil, sage crushed seeds of fennel

Tossed Green Salads: sweet basil, summer savory, lovage leaves, marjoram

Fruit Salad (in the dressing): caraway seed, curry powder, nutmeg, paprika, sesame, mint, cinnamon

#### SALAD DRESSINGS (with Herb & Spice Seasoning)

##### HERB FRENCH DRESSING:

3 tablespoons salad oil  
 1 tablespoon salad burnet vinegar  
 1 teaspoon mixture of equal parts of marjoram, basil, summer savory

#### MINT-SOUR CREAM DRESSING

1/2	cup sour cream
1	tablespoon fine chopped mint; use 1/2 teaspoon if dried mint used
1/2	teaspoon sugar
1/2	teaspoon lemon juice
1/4	teaspoon salt
	pinch allspice

Mix the ingredients 24 hours before use and store in refrigerator. Serve with fruit salad or mixed greens.

#### HONEY DRESSING FOR FRUIT SALADS

1	large package cream cheese
2	tablespoons honey
2	tablespoons lemon juice
2	tablespoons orange juice
1	tablespoon sugar
	dash each nutmeg and sesame seeds

Blend the above ingredients and keep in the refrigerator. Optional to add some candied ginger.

#### HERB DRESSING

3	heaping tablespoons mayonnaise
1	teaspoon Worcestershire sauce
1	teaspoon herb vinegar, your choice
1	teaspoon mustard
	salt and pepper to taste

Blend all ingredients by shaking vigorously in a closed bottle. Good in tossed green salads or over hard boiled eggs. Add a little to the next potato salad you make.

## HOW TO MAKE HERB VINEGAR

When making herb vinegar, it is essential to use fresh herb foliage in full flavor, and to be sure that it has lost none of its aromatic oils. Use the leafy tips of the foliage and cut before the plants come into flower. Wash the foliage clean of dirt and foreign matter and place immediately in a clean crock. Bruise the foliage with a wooden spoon or pestel. Avoid using any metal material when making herb vinegar. Pour boiling vinegar over the bruised foliage. Cover the crock with a lid, put in a warm place and allow to infuse for 8 to 10 days. Stir the herbs and vinegar every 24 hours. After the 8-10 days, strain out the leaves with a cheesecloth and pour the liquid into bottles. Seal tightly and store in a cool, dark place.

Foliage herbs for making vinegars: mint, sweet basil, French tarragon, dill, salad burnet and caraway.

Recommended combinations of herb vinegars:

1. thyme, basil and chives in equal parts
2. tarragon, lemon, thyme, basil, chives, burnet
3. basil, burnet, young borage leaves
4. thyme, chives

## HERB BUTTER

Cream 1/2 cup slightly soft butter or margarine until fluffy, using electric mixer or wooden spoon. Stir in 1 teaspoon dried rosemary, crushed, (or 4 teaspoons fresh rosemary, chopped), and 1/2 teaspoon dried marjoram, crushed (or 2 teaspoons marjoram, chopped).

Herbs that go well with pork and ham: sage, basil, chives, rosemary, thyme and sweet marjoram.

Herbs that go well with poultry: summer savory, thyme, tarragon, sweet marjoram and sage.

Herbs that go well with fish: fennel, sage, thyme, basil, chives, chervil, parsley and tarragon.

## HERB TEAS

Both fresh and dried herb leaves can be used to make tea. When using dried leaves, use only 1/4 as much material. When using fresh herbs, pick off only the leafy tips. Do not use the old foliage at the base of the plant.

Foliage herbs for teas: lemon balm, costmary, lemon verbena, pennyroyal, bergamot, feverfew, marjoram, wintergreen, calamint, horehound, rosemary, yarrow, catnip, sage, thyme lemon, lovage, thyme garden and all the mints.

## HOME DRYING FRUITS AND VEGETABLES

Drying foods is one of the oldest methods of preservation known to man. It preserves food by removing water. When food is sufficiently dry and properly protected from contamination, it will keep for some time.

Drying is one of the simplest methods of preservation, requiring little outlay of equipment and expense. It can be done out-of-doors or indoors, in an oven or specially-built dehydrator. This publication will cover only the "sun-dried" and "oven-dried" methods.

Either method takes time. Both require attention, especially at the beginning and at the end of the drying process. Stirring the food on drying trays - once a day when sun drying and every half hour under controlled heat conditions - is necessary for an evenly dried product.

Whichever method you use, drying should be done as quickly as possible at a temperature that does not seriously affect the texture, color and flavor of the vegetable or fruit. If the temperature is too high and humidity too low, there is danger that moisture will be removed from the surface of the food more rapidly than water can diffuse from the interior and a hard crust will form on the food. This layer will not permit free diffusion of moisture from the inside and the product will not dry properly.

Under controlled conditions, drying time for fruits varies from 6 to 24 hours, and for vegetables from 3 to 15 hours. Sun drying takes much longer — up to a week or 10 days, depending on the product, the heat of the sun and the amount of moisture in the air. Once started, drying should be continuous until enough moisture is removed to keep the food from spoiling.

#### What to Dry

Fruits and vegetables selected for drying should be fresh, firm, and ripe. Immature or over-mature fruits or vegetables will not be satisfactory products when dried. "Speed" is your watchword. The faster you work from harvest to completion of the drying process, the better the product.

Wash all fresh produce thoroughly. Cleanliness is essential in order to remove all traces of dirt, spray or insecticide. Sort and remove any defective or spoiled product.

#### PREPARING THE PRODUCT

##### Vegetables:

Corn, mature beans and celery are the best vegetables for drying. Select the vegetables in prime eating condition. Vegetables that are not mature lose flavor. Over-mature vegetables are often tough and fibrous. Blanching before drying helps preserve the quality of the product.

##### Steam Blanching:

1. Use a kettle with a close-fitting wire basket or sieve placed so that the steam will circulate freely among the vegetables. Water should not touch the product.
2. Have the water boiling briskly before putting the prepared vegetable into the kettle.
3. Layer vegetables in the steamer not more than 2-1/2 inches deep.

4. Steam the vegetables until each piece is heated through and thoroughly wilted.
5. Test by removing a piece from the center of the steamer and pressing it. It should feel tender but not completely cooked.

##### Fruit:

Fruits are easier to dry than most vegetables. The higher sugar content makes them easier to preserve and they give up water more easily than vegetables. Apples, pears, peaches, apricots, cherries, plums and berries are satisfactory for drying.

To prevent discoloration, pare all foods with all stainless steel knives. Cut food into thin, even pieces for easier drying.

Sulfuring of fruits is recommended to preserve color and to decrease loss of Vitamin A and C.

##### Sulfuring — Outdoors:

1. Place fruit in single layers of wooden trays with wooden slats. Place the fruit with the skin side down to prevent the loss of juices. (Metal will react with the sulfur so it is important that wooden trays are used.)
2. Stack the trays about 1-1/2 inches apart to permit the sulfur fumes to circulate.
3. Use a tight wooden box or heavy carton to cover the trays. It should be slightly larger than the stacked trays.
4. Cut a small opening at the bottom of the box for lighting the sulfur and for ventilation.

## METHODS OF COOKING

5. Place sulfur in a clean metal container such as a tin can, shallow but deep enough to prevent overflow. To each pound of prepared fruit, use 2 teaspoons of sulfur if sulfuring time is less than 3 hours; 3 teaspoons of sulfur if the sulfuring time is 3 hours or longer. You can buy sulfur at the drugstore or the lumberyard.

### Other Less Effective Treatments:

1. Dip fruit in a bath of 4 to 6 tablespoons of salt to 1 gallon of water for 10 minutes.
2. Ascorbic acid solution — immerse fruit and stir gently in an ascorbic acid solution (1 to 1-1/2 tablespoons ascorbic acid to 1 gallon water). This preparation retards oxidation, and prevents darkening of light-colored fruits to some extent.
3. Steam - follow the method for vegetables. Have only one layer of fruit in the basket or steamer.

## DRYING THE PRODUCT

### Sun Drying

#### Fruit:

1. Sulfur — spread as previously directed in trays. Air circulation below as well as above fruit will speed up drying.
2. Place in direct sun. Turn occasionally. A light covering of cheesecloth or screen will keep food from insects.
3. Several days in direct sun are sufficient to make fruit about two-thirds dry. At this stage, stack the trays in the shade where there is good air circulation and continue drying until leathery.

#### Vegetables:

1. Steam vegetables and spread in a thin layer (not over 1/2 inch deep) on trays as previously directed.

2. Place in direct sun. Turn occasionally.
3. Expose the trays to the sun. Vegetables should not be exposed to the sun long enough to produce sunburn or scorching. Generally, two days or less is sufficient time in the sun. Drying can be completed in the shade.

### Oven Drying:

Fruits and vegetables can also be dried in the oven. Trays should have outside dimensions at least 1-1/2 inches smaller than the inside width and depth of the oven for air circulation.

1. Do not put more than 4 to 6 pounds of fresh food in the oven at one time.
2. Use 2 to 4 trays. Have the trays at least 2-1/2 inches apart. Two trays may be stacked by using wooden blocks at each corner of the lower tray which is placed on the oven rack.
3. Allow at least a 3-inch space at the top and bottom of the oven.
4. Place a thermometer on the top tray toward the back.
5. Hold the temperature at 140-150 degrees.

Don't turn on the top unit in an electric oven. If necessary, remove it. Turn on the current or light the gas burner 15 minutes before drying time. If there is a regulator, set it at 150 degrees, 200 degrees, or 250 degrees, whichever is the lowest. If a gas stove has no regulator, turn the flame very low. Be careful that the flame does not go out.

Leave the oven door ajar at least 8 inches when using a gas oven, less if using an electric. Prop an electric oven door open by tucking a folded potholder in the top corner to make about a half-inch crack. Prop a gas oven door open with an 8-inch stick. The right opening helps control heat and lets out moist air.

6. Examine the food and turn and rotate the trays frequently to prevent scorching.
7. Keep the room well ventilated.

Most vegetables take 4 to 12 hours to dry; fruits, 6 hours or longer.

#### PACKAGING AND STORING

All products dried in air or sun should be given a final brief heating at 165 to 170 degrees before being stored to kill any micro-organism that may be adhering to the surface. This may be accomplished by spreading the food on trays and reheating it in an oven for 10 to 15 minutes.

Pack the food into dry, insect-proof containers which are as nearly moisture-proof as possible. The products should be packed tightly into the cans or jars without crushing. Store in a cool place, preferably dark. Glass jars may be wrapped in paper to keep out light.

All dried vegetables and fruits deteriorate in flavor, color, texture and odor while in storage. They should not be kept for more than a year, preferably less.

#### DRYING TABLE FOR FRUITS AND VEGETABLES

1. Spread in single layers on trays unless otherwise noted.
2. Usual drying temperature is 140 to 150 degrees.

FOOD	PREPARATION FOR DRYING	DRYNESS TEST
Apples	Pare, core and cut in one-fourth inch slices or rings. Sulfur outdoors 30 minutes or dip in solution. Spread not more than one-half inch deep on trays.	Pliable, springy feel, creamy white
Apricots	Same as peaches.	Pliable and leathery

METHODS  
OF  
COOKING

DRYING TABLE FOR FRUITS AND VEGETABLES (Continued)

FOOD	PREPARATION FOR DRYING	DRYNESS TEST
Berries	No pretreatment. Leave whole, except cut strawberries in half.	No visible moisture when crushed
Cherries	Remove stems and pits. If juicy, drain about 1 hour.	Leathery but sticky
Grapes	Leave whole, remove stems. Dip in boiling water to crack skins.	Pliable, dark brown
Peaches	Peel if desired. Cut in halves, remove pits. Sulfur outdoors, peeled 30 minutes, unpeeled 2 to 3 hours; or dip in solution; or precook. Dry pit side up.	Pliable and leathery
Pears	Pare and remove core and woody tissue. Cut into one-fourth-inch slices or rings, or into quarters or eighths. Sulfur outdoors 2 to 4 hours, according to size of pieces; or dip in solution; or precook.	Leathery, springy feel
Prunes	Cut in halves and remove pits or leave whole. Halves: no pretreatment. Whole: to soften and crack skins and to help fruit dry better, hold in steam or boiling water for 2 minutes, or dip in boiling water lye bath (3 tablespoons lye to 1 gallon water) for one-half minute.	Pliable and leathery

VEGETABLES

Beans, Green Lima	Shell. Steam 15 to 20 minutes, or until tender but firm.	Shatter when hit with hammer
Beans, Snap	Trim and slice lengthwise or cut in 1-inch pieces. Steam about 20 minutes or until tender but firm. Spread about one-half inch deep on trays.	Brittle, dark green to brownish
Beets	Trim off all but 1 inch of tops and roots. Steam whole about 30 to 60 minutes depending on size, or until cooked through. Cool and peel. Cut in one-fourth inch cubes or slice one-eighth inch thick. Spread not more than one-fourth inch deep on trays.	Brittle, dark red
Carrots, Parsnips	Steam whole about 20 minutes, or until tender but firm. Scrape or peel. Slice crosswise one-eighth inch thick or dice in one-fourth inch cubes. Or shred before	Very brittle, deep orange

## PREPARATION FOR DRYING (Continued)

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	VEGETABLES	
Mushrooms	Peel the larger mushrooms. Dry whole or sliced, depending on size. No precooking necessary. If stems are tender, slice for drying; if tough, discard. Spread not more than one-half inch deep on trays.	Leathery or brittle
Peas, Green	Steam shelled peas 15 minutes, until tender but firm. Stir frequently during the first few hours of drying.	Shatter when hit with hammer
Peppers & Pimentos	Cut in one-half inch strips or rings. Remove seeds. Steam 10 minutes. Spread rings 2 layers deep — strips not more than one-half-inch deep.	Pliable
Pumpkin & Squash	Quarter, remove seeds and pith; cut in one-inch strips and peel. Slice strips clockwise one-fourth-inch thick. Steam 8 to 13 minutes until slightly soft but not sticky.	Leathery

## LEAVES FOR SEASONING

Celery	Wash.	Brittle
Parsley	Wash.	Brittle
Tomatoes for Stewing	Select tomatoes of good color. Steam or dip in boiling water to loosen skins. Chill in cold water. Peel. Cut into sections not over 3/4-inches wide. Cut small pear or plum tomatoes in half. Dry 10-20 minutes.	Leathery
Powdered Vegetables	For use in soups or puree. Powder leafy vegetables after drying by grinding in a blender or osterizer.	
Soup Mixture	Combine and store dried vegetables in combination for soup.	

BEEF ROASTING CHART

	Approximate Weight (Pounds)		Internal Temp. on Removal from Oven	Approximate Cooking Time (Total Time)
Roast meat at constant oven temperature at 325 degrees unless otherwise indicated.				
Standing Rib	4 to 6	140 160 170	(rare) (medium) (well done)	2½ to 2¾ Hrs. 2¾ to 3¼ Hrs. 3¼ to 3½ Hrs.
Standing Rib	6 to 8	140 160 170	(rare) (medium) (well done)	2¾ to 3 Hrs. 3 to 3½ Hrs. 3¾ to 4 Hrs.
Rolled Rib		140 160 170	(rare) (medium) (well done)	2 to 2½ Hrs. 3¼ to 3½ Hrs. 3¾ to 4 Hrs.
Rolled Rump	4 to 6	150 to 170		2 to 2½ Hrs.
Sirloin Tip	3½ to 4	150 to 170		2 to 2¾ Hrs
Rib Eye or Delmonico	4 to 6	140 160 170	(rare) (medium) (well done)	1½ to 1¾ Hrs. 1¾ Hrs. 2 Hrs.
Tenderloin, Whole (Roast at 425)	4 to 6	140	(rare)	45 min.-1 Hr.
Tenderloin, Half (Roast at 425)	2 to 3	140	(rare)	45 to 50 min.

METHODS  
OF  
COOKING

POULTRY ROASTING CHART

	Ready-to-Cook Weight	Oven Temp.	Roasting Time Stuffed & Unstuffed
Chicken	1½ to 2 Pounds	375	¾ to 1 Hr.
	2 to 2½ Pounds	375	1 to 1¼ Hrs.
	2½ to 3 Pounds	375	1¼ to 1½ Hrs.
	3 to 4 Pounds	375	1½ to 2 Hrs.
Capon	4 to 7 Pounds	375	1½ to 2 Hrs.
Turkey	6 to 8 Pounds	325	3½ to 4 Hrs.
	8 to 12 Pounds	325	4 to 4½ Hrs.
	12 to 16 Pounds	325	4½ to 5½ Hrs.
	16 to 20 Pounds	325	5½ to 6½ Hrs.
	20 to 24 Pounds	325	6½ to 7½ Hrs.
Foil-wrapped Turkey	8 to 10 Pounds	450	2¼ to 2½ Hrs.
	10 to 12 Pounds	450	2½ to 3 Hrs.
	14 to 16 Pounds	450	3 to 3¼ Hrs.
	18 to 20 Pounds	450	3¼ to 3½ Hrs.
	22 to 24 Pounds	450	3½ to 3¾ Hrs.
Domestic Duck	3 to 5 Pounds	375	1½ to 2 Hrs.
		then 425	15 min.
Domestic Goose	4 to 6 Pounds	325	2¾ to 3 Hrs.
	6 to 8 Pounds	325	3 to 3½ Hrs.
	8 to 10 Pounds	325	3½ to 3¾ Hrs.
	10 to 12 Pounds	325	3¾ to 4¼ Hrs.
	12 to 14 Pounds	325	4¼ to 4¾ Hrs.
Cornish Game Hen	1 to 1½ Pounds	375	1½ Hrs.
Guinea Hen	1½ to 2 Pounds	375	¾ to 1 Hr.
	2 to 2½ Pounds	375	1 to 1½ Hrs.

HAM ROASTING CHART

	Approximate Weight (Pounds)	Internal Temp. on Removal from Oven	Approximate Cooking Time (Total Time)
Roast meat at constant oven temperature of 325 degrees.			
Ham (fully-cooked)			
Half, boneless	4 to 5 Pounds	135 to 140	1½ to 2 Hrs.
Whole, boneless	8 to 10 Pounds	135 to 140	2 to 2¼ Hrs.
Half	5 to 7 Pounds	135 to 140	1¾ to 2¼ Hrs.
Whole	10 to 14 Pounds	135 to 140	2½ to 3 Hrs.
Ham (cook-before-eating)			
Shank or Butt	3 to 4 Pounds	160	2 to 2¼ Hrs.
Half	5 to 7 Pounds	160	2½ to 3 Hrs.
Whole	10 to 14 Pounds	160	3½ to 4 Hrs.

TO BROIL\* OR PANFRY FULLY-COOKED HAM SLICES

Ham Slices, Bone-in ¾-inch thick	1 to 1¼ Pounds	Broil 10 to 12 minutes
1-inch thick	1¼ to 1¾ Pounds	Panfry 12 to 15 minutes
3/8-inch thick		Broil 14 to 16 minutes
¼-inch thick	2 ounces	Panfry 4 to 5 minutes
		Broil 3 to 4 minutes
		Panfry 3 to 4 minutes

TO BROIL\* OR PANFRY COOK-BEFORE-EATING HAM SLICES

Ham Slices, Bone-in ¾-inch thick	1 to 1¼ Pounds	Broil 13 to 14 minutes
1-inch thick	1¼ to 1¾ Pounds	Panfry 15 to 20 minutes
		Broil 18 to 20 minutes
		Panfry 20 to 22 minutes

\*Broil 3 inches from heat.

### FRESH AND SMOKED PORK ROASTING CHART

METHODS  
OF  
COOKING

	Approximate Weight (Pounds)	Oven Temp.	Approximate Cooking Time (Total Time)
Roast meat at constant oven temperature of 325 degrees			
Loin, Center	3 to 5 Pounds	170	2½ to 3 Hrs.
Loin, Half	5 to 7 Pounds	170	3½ to 4¼ Hrs.
Loin, Blade or Sirloin	3 to 4 Pounds	170	2¼ to 2¾ Hrs.
Loin, Center – rolled	3 to 4 Pounds	170	2½ to 3 Hrs.
Boston Shoulder	4 to 6 Pounds	170	3 to 4 Hrs.
Boston Shoulder Roll	3 to 5 Pounds	170	2 to 3 Hrs.
Leg (Fresh Ham)	12 to 16 Pounds	170	5 to 6 Hrs.
Leg, Half (Fresh Ham)	5 to 7 Pounds	170	3½ to 4½ Hrs.
Picnic (Smoked, cook-before-eating)	5 to 8 Pounds	170	3 to 4 Hrs.

### VEAL ROASTING CHART

Leg	5 to 8 Pounds	170	2¾ to 3¾ Hrs.
Loin	4 to 6 Pounds	170	2½ to 3 Hrs.
Rolled Shoulder	4 to 6 Pounds	170	3½ to 3¾ Hrs.

### ROASTING CHART FOR GAME BIRDS

Wild Duck	1 to 2 Pounds	400	1 to 1½ Hrs.
Wild Goose	2 to 4 Pounds	400	1½ to 3 Hrs.
	4 to 6 Pounds	400	3 to 4 Hrs.
Partridge	½ to 1 Pound	450	30-45 minutes
Pheasant	1 to 3 Pounds	350	1 to 2½ Hrs.
Quail	4 to 6 Ounces	400	30 to 45 minutes
Squab	12 to 14 Ounces	400	40 to 50 minutes

REFRIGERATOR STORAGE

Refrigerator Temperature at 36 to 40 degrees

	Time for Maximum Quality
<b>BEEF</b>	
Standing Rib Roast .....	5 to 8 days
Steaks .....	3 to 5 days
Pot Roast .....	5 to 6 days
Stew Meat .....	2 days
Ground Beef .....	2 days
<b>VEAL</b>	
Roasts .....	5 to 6 days
Chops .....	4 days
<b>PORK</b>	
Roasts .....	2 to 3 days
Chops .....	3 days
Spareribs .....	3 days
Bulk Pork Sausage .....	2 to 3 days
<b>SMOKED MEAT</b>	
Ham or Picnic Shoulder	
Whole or Half .....	7 days
Slices .....	3 days
Bacon .....	5 to 7 days
Dried Beef .....	10 to 12 days
Corned Beef .....	5 to 7 days
<b>LAMB</b>	
Roasts .....	5 days
Chops .....	3 days
<b>VARIETY MEATS</b>	
Liver, sliced .....	2 days
Heart .....	2 days
Sweetbreads, cooked .....	2 days
Smoked Tongue .....	6 to 7 days
<b>FISH</b> .....	1 to 2 days

**POULTRY**

Chicken, whole .....	2 days
Chicken, cut up .....	2 days
Turkey, whole .....	2 days
Ducklings, whole .....	2 days

**COOKED MEATS**

Leftover Cooked Meats .....	4 days
Ham or Picnic Shoulder .....	7 days
Cooked Fish .....	3 to 4 days
Cooked Poultry .....	3 to 4 days
Poultry Gravy and Stuffing .....	3 to 4 days
Frankfurters .....	4 to 5 days
Sliced Luncheon Meats .....	3 days
Unsliced Bologna .....	4 to 6 days

**FREEZING UNCOOKED MEAT**

Storage time at 0 degrees

**BEEF**

Roasts .....	8 to 12 months
Steaks .....	8 to 12 months

**LAMB**

Roasts .....	8 to 12 months
Chops .....	3 to 4 months

**PORK**

Roasts .....	4 to 8 months
Chops .....	3 to 4 months

**VEAL**

Roasts .....	4 to 8 months
Chops .....	3 to 4 months

**GROUND MEAT .....** 2 to 3 months

METHODS  
OF  
COOKING

POULTRY	
Chicken .....	12 months
Turkey .....	6 months
Duck .....	6 months
Goose .....	6 months
Giblets .....	3 months
FISH .....	6 to 9 months
SHELFISH	
Oysters .....	3 months
Clams .....	3 months
Scallops .....	3 months
Crabs .....	1 month
Lobsters .....	1 month
Shrimp .....	3 months

**PIONEER**

Alabama Biscuits . . . . .	2
Aunt Ann's Buns . . . . .	2
Bride's Banana Cookies . . . . .	4
Bride's Cheese Chiffon Pie . . . . .	7
Bride's Cheese Rolls . . . . .	2
Bride's Lemon Custard Pie . . . . .	7
Corn Pudding . . . . .	1
Grandma Avery's Meat Balls . . . . .	1
Grandma B's Pancakes . . . . .	3
Grandma's Buttermilk Pancakes . . . . .	3
Grandma's Dumplings . . . . .	6
Grandmother McFarland's Butter Crust for Pumpkin Pie . . . . .	7
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